

APPLE SADDLERY
SIDEWALK SALE! 50%
1000's of Items
just east of the 417
1875 Innes Rd.
Columbia Royal Robbins
MERRELL ...and more!
1875 Innes Rd.
just east of the 417
744-4040 Apple
saddlery

ROLLED UP TO GO
SNACK ON AN AVOCADO
LEMON WRAP
{page 27}

CLEAN UP YOUR ACT
DETOX YOUR BODY TO
CLEAR OUT LAST OF
WINTER WASTE {page 23}

GO GREEK?
JENNIFER ANISTON'S DAD
HAS DATING ADVICE FOR
HIS DAUGHTER {page 22}

OTTAWA

metro®

Tuesday, May 17, 2011
www.metronews.ca



News worth sharing.

ALEX MAGUIRE/METRO WORLD NEWS

LADY GAGA
GUEST EDITOR
EDITION

metro
Editor-in-Chief

BORN THIS WAY:
'Let identity be your religion'



**THE GAGA
INTERVIEW**

{pages 4-5}

**A LOOK AT GAY
RIGHTS
WORLDWIDE**

{pages 6-7}

**MEET THE
LITTLE
MONSTERS**

{pages 8-9}

**GAGA'S CULTURAL
INFLUENCE**

{page 10}

D



VOLKSFEST

Now it's easy to get what you want.



2011 Golf

2011 Jetta

Lease from

\$ 189 per month
for 48 months[†]

\$279 down payment

2011 Jetta

Starting from just \$17,240*

2011 Tiguan

\$500 no-charge
Volkswagen Original Accessories**

0% APR
up to 36 months*
on our most
popular models



TDI Clean Diesel available
2011 Golf and 2011 Jetta



Insurance Institute for Highway Safety
Top Safety Pick
2011 Jetta / 2011 Tiguan / 2011 Golf 5-door



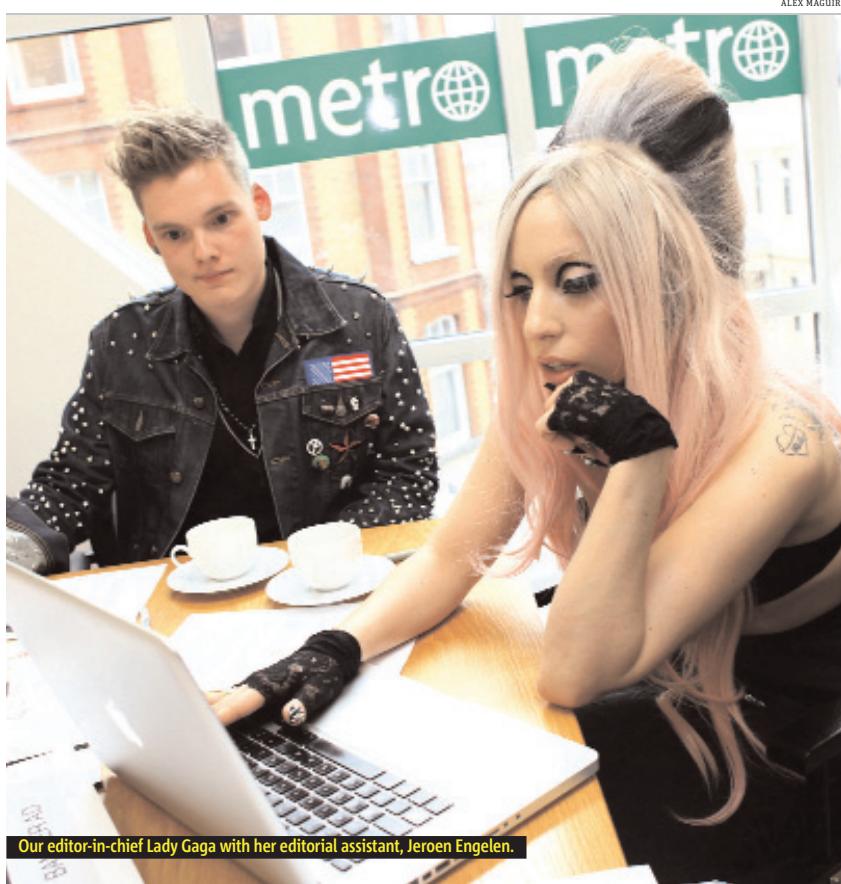
Volkswagen de l'Outaouais

850 St-Joseph blvd., Gatineau (Hull sector)

819-770-0220

www.vwo.ca

Up to \$750 rebate for recent graduates^{††} – US models shown. Some options and accessories may vary or may not be available in Canada. *Limited time finance offer available on purchase of a new 2011 Jetta 2.0L / 2011 Golf 3-door 2.5L / 2011 Tiguan 2.0T base model through Volkswagen Finance, on approved credit. MSRP of \$17,240/\$21,940/\$29,555 including \$1,365/\$1,365/\$1,580 freight and PDI and \$100 air conditioning levy, if applicable, with 5-speed / 5-speed / 6-speed manual transmission, financed at 0% APR for 36 months, equals \$478.89/\$609.45/\$820.98 per month. Dealer may sell for less. Credit charge is \$46 (RDPRM registration fee) for a total obligation of \$17,286/\$21,986/\$29,601. Down payment or equivalent trade-in, due at signing, may be required. License, insurance, registration, duties, options and applicable taxes are extra. Dealer order/trade may be necessary. Offer excludes TDI Clean Diesel models. **Receive up to \$500 towards Volkswagen Original Accessories, with the lease or purchase of any new 2011 Tiguan model. Certain conditions apply. No cash value. Excludes labour and tires. Offers end June 30, 2011 and are subject to change or cancellation without notice. [†]Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new 2011 Jetta 2.0L base model with 5-speed manual transmission. \$1,365 freight and PDI included in monthly payment. \$279 down payment or equivalent trade-in, \$250 security deposit, and first monthly payment due at lease inception. 64,000 kilometre allowance; charge of \$0.15/km for excess kilometres. Insurance, registration, registration fees of up to \$46 to the RDPRM, duties, options and applicable taxes are extra. Dealer may lease for less. MSRP of the 2011 Jetta base model: \$17,240. Offer ends May 31, 2011 and is subject to change or cancellation without notice. ^{††}Up to \$750 rebate for recent college or university graduates. Certain conditions apply. Visit www.vwo.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "TDI", "TDI Clean Diesel", "Jetta", "Golf" and "Tiguan" are registered trademarks of Volkswagen AG. "Volksfest" and "Das Auto & Design" are trademarks of Volkswagen AG. © 2011 Volkswagen Canada.



From the desk of the editor

Dear Monsters,

Let Your Identity Be Your Religion.

I am so very honoured and proud to be the editor-in-chief of Metro for the day. Not only because I can speak with you directly, but because I wish to illuminate the powerful voice of my generation and let them speak for themselves. Little Monsters are not a fan base; they are a culture that exists entirely outside of pop music. They are their own religion. They are a race within the race of humanity. The freedom and unprejudiced nature of The Monsterball, and for those who love Born This Way, spreads widely and has begun to live outside of the walls of the arena and the album charts.

I don't say this with hubris, or with intent to take ownership over this community (as in fact they created their voice, not I), but rather I'd like to posture the possibility that kindness, mobilization and pop culture can push the boundaries of love and acceptance. We are all different, and it is this fact that makes us the same.

In the most basic and scientific sense, our "way," as we were born, would be defined as cellular procreation, as I have theatrically interpreted in many of my performance pieces. So, if we were to analyze this basic formula, we

could quite simply say we were born not only from each other, but we were additionally made of each other, and designed to grow together. Love is the magic ingredient, of course, to the giant petri dish of life.

In this issue, I nominated Monster ambassadors to represent each Metro country from around the world. I asked them to research, write about and identify which issues pertaining to equality and social justice affect their region the most. In this paper, I've included graphs, charts, commentary, global surveys and articles inspired and generated by Little Monsters. This piece conjures an approach to anti-bullying and equality that encourages togetherness through our shared human struggles. Metro and I beckon for those who are perhaps not affected by these challenges to help spread awareness of their reality, and act as a nurturing and compassionate force to those in need.

Be yourself, love who you are, and be proud. You were born this way, baby. Sincerely,

LADY GAGA

Gaga's intern for a day: 'One of my biggest dreams ever'

Dear Lady Gaga,

I will read my letter to you.

I just can't believe that this dream became reality. It's like Tinkerbell's magical dust sprinkled all over me. I want to thank you from the bottom of my heart for giving me strength, the power of self respect, for your love, creativity and passionate, fashionable work. We weren't the best fans in the world without you Gaga. You made us believe in ourselves and never give up.

I feel so blessed and honoured that you chose me as your editorial assistant today, of all those little monsters across the galaxy. Yes, I think you do have admirers from outer space. I prayed every day and made a wish when I saw a shooting star on the perfect night with my friends. You're a big glittering star shining down on us, inspiring children and insecure individuals to be themselves. To fight against AIDS, and for human rights, full equality, without forgetting the devastating forces of nature (Japan). You truly deserve the title, Warrior Queen.

There are so many dreams I hope to accomplish one day. I study Graphic Design in Holland and this is my graduation year. A while ago, I was rejected at an arts academy because they said I was too good for them. It made me feel like I did not belong in this industry, although it was meant as a compliment. They said that I had to apply to a company or a brand. And now I only have three weeks to apply before summer vacation starts. Otherwise I have no job or education for a year.

One of my biggest dreams ever is to work for you, Gaga. It's so unreal that I feel guilty asking you. I know it's a lot to ask but I remember what you said and it inspired me so much to work even harder at school, to become even greater! We should always start at the bottom and do whatever it takes to climb that mountain. Scrubbing floors, cleaning toilets, doing the dishes, removing cobwebs, etc. I'll do what it takes to be a great artistic graphic designer for a lady like you.

Do you remember Pieter Henket? The photographer who shot The Fame album cover? I interviewed him for my school magazine and he told me all about you. He said to always look ahead and love the mud you're in. Because it's always hard work! It made me even more excited to tell you this. So, who knows, maybe you can use me as your intern someday?

The cover designs of the Born This Way album are true perfection. I've never seen anything like it. Nick Knight is so awesome. I love your taste, Gaga. Today, I'm going to put the utmost care into being your little assistant. I will be strong and I'm not going to disappoint you. I say, let's make some magic baby!

But I have a few gifts for you. A few from myself and one from a friend of mine. The first is the illustration above, which I drew.

Enjoy. Much love xxoo
Jeroen Engelen

Contest

The ultimate little monsters

We found the world's biggest Gaga fans and asked them why they were "born this way." "There's really no line anymore between where I begin and my fans begin," Gaga says. "We are each other."

Report

Gay rights around the world

We look at the progress — or lack thereof — internationally, with a look at the highs and lows.

Interview

A one-on-one with the Mother Monster

Lady Gaga sits down with Metro and tells it like it is.





THE GAGA INTERVIEW



"I'm off-the-charts gay! But that's not quite the way to put it. As if you are or you're not. It's this completely subjective overarching aesthetic called life."

Michael Freidson
metro world news
michael.freidson@metro.lu

So, I'm from your old neighbourhood in New York. My mother teaches musical theater there.

Have you seen my show? Because I was a theater kid. I was always perceived as a theater nerd and that is very much a part of all the bullying I talk about during the show. It stemmed from that.

Theater geeks are taking over the world now.

Yeah. And a lot of theater lovers are super music librarians and super fashion librarians and know everything about composers, designers and directors. They've so much to be in love with.

Let's start with the new album, Born This Way. Is there a theme to it? Are we wrong to expect a statement from dance music?

No, in fact, thank goodness everyone expects something from me at this point. Born This Way is my answer to many questions over the years: 'Who are you? What are you about?' The most paramount theme on the record is me struggling to understand how I can exist as myself, as someone who lives halfway between fantasy and reality all the time.

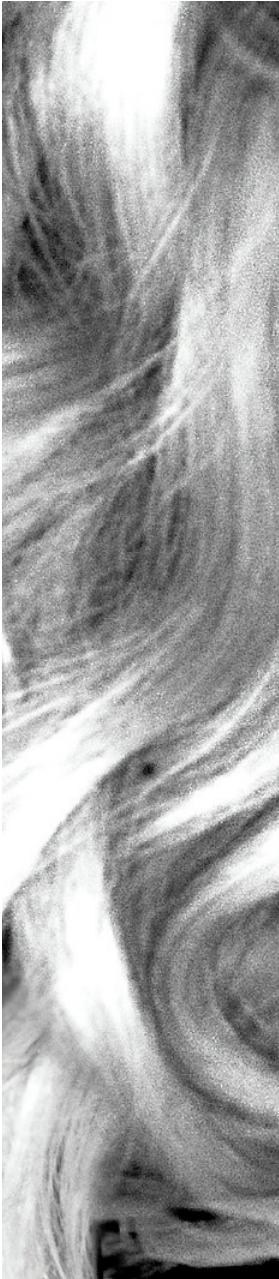
What's it like to live between two people?

It's not two people. It's two worlds. Two aesthetics. For example, the religious themes I explore on the album are not necessarily religious in an institutional way but are about being fascinated with characters. I was taught my whole life about Judas and Jesus and Mary Magdalene. Mary Magdalene fascinates me because she was, in my belief, both wholly human and wholly divine. So how can I be fully magical and fully human?

You're going to get a lot of autobiographical questions because you're selling your personality on Born This Way.

Isn't that interesting, that you have to sell your personality? That in itself is kind of what Born This Way is all about. I don't want to sell my personality. My personality is mine and yours is yours.

But the difference is, you're asking me to pay for yours. Are you a real person or part



of a marketing machine?
It's kind of like saying, 'Are you honest? Do you have integrity? Are you full of shit?' But listen, my social involvement for equality and gay rights, as well as my music, is completely genuine. But I don't think I ever want everyone to ever know fully who or what I am. Part of what I'm doing is asking you to look inside yourself, to ask yourself questions.

Have you been in therapy?

No therapy yet. I probably should be. (Laughs) I have a close relationship with my family. I'm very close with my fans and I'm in tune with what they want. And I'm in tune with myself, too. At the end of the day, I have to look myself

in the mirror and I'm proud of everything I stand for. I have no reason to do or say anything unless it comes from my soul. I work very hard. I don't party very much. You don't see me falling out of nightclubs and buying Range Rovers. Social justice and music are the

two most paramount things in my life and I can't put it more plainly.

Where does sexuality fit in to that? Do you use it consciously?

Because I'm sexy? (Laughs) Well, I'm a woman. Now, what specifically do you find sexy? I think this is

funny. For the first two-and-a-half years of my career, I was considered to be the weird girl who dressed very crazy. I don't think I'm perceived as sexy.

You never felt sexy, even when first performing?
I felt like any other 15-

LADY

THE ONE-ON-ONE INTERVIEW



LADY GAGA

In an exclusive, hour-long sit-down, the Mother Monster met with Metro at the Beverly Hills Hotel for an open, revealing talk.

"I'm not someone who got into this business to get into interviews," she told us halfway through. "But I can tell you, I'm infinitely more relaxed right now."

year-old girl who's trying to figure it all out. I'm just like any other chick, really. Did I view myself as a sexual being? I was very insecure for a very long time. I didn't know that I would be very comfortable with it and it wasn't until very recently that I actually enjoyed sex. I was talk-

ing with my sister about how it's not until you really love yourself that you can give love to others.

Are you addicted to your fans?

Yeah, well, it's ... it's very strange because there's really no line anymore between where I begin

and my fans begin. We are all one. I feel like I would die from a lack of inspiration if I didn't have them. I never want them to feel like I abandoned their culture. It's not about the money for me. I'd give all the money away if I had to choose between it and them.

That's a strange answer from a multi-millionaire.

Look, people who make music and get famous and then start to slow down and get lazy — they weren't in it for the music. I can't put out my music fast enough. I wanted to put this record out seven months ago. I'm not wallowing in some romanticized idea of what it means to be an "artiste." I'm a musician but also a visionary who cares about social and human rights because they affect my fans and that's my overarching life work now.

So, about human rights: You wanted to ask Metro readers why they were Born This Way...

Yes, I wanted to find the



most connected monsters and ask them the question: 'Why were you born this way?' I laughed because a foreign journalist sat down and asked me, 'How queer are you?'

Was that a case of lost in translation?

I said, first of all, we don't really use that word here. But what he was really asking me was, 'How gay are you?' I'm off-the-charts gay! (Laughs) But that's not quite the way to put it. As if you are or you're not. It's not mathematical. It's this completely subjective overarching aesthetic called life and you have this huge palate to paint from and you're asking me, 'How queer are you?' That's just one palate. It's like I say so many things

Note from the interviewer

When you tell people you've sat down with Lady Gaga for an interview, their first question is, "What was she wearing?" — as if she might have appeared in a meat dress, carried in an egg. In fact, when we met at the Beverly Hills Hotel, alone in a banquet hall, she was wearing a sheer black top with black pasties underneath. It was almost elegant.

Their second question is, "What was she like?" After reading this story, you'd probably agree: She's intelligent. Earnest. Aware of her power.

Refreshingly, Gaga is also mindful of the fact that she's only recently become a star. Her experiment with fame paid off. Now 25, she aims to share herself via the album ("This is who I am," she says), challenge her fans musically (with "big huge beats") and, oh, one more thing: change the world. The fun part will be seeing what she wears while trying.

in that song (Born This Way). But the first thing everyone comes back with is, gaygaygaygaygay. Are you gay? Is the song gay? And you're missing what life is offering you because you're hinged on one word. Look into yourself. Are you born to be brave? To rebuke all of these labels?

Well, you're expecting the world to be where you are. It's generational. And it's me reminding myself, as an artist, 'Dear Lady Gaga, you are not a trend.'

Wait — do you address yourself as Lady Gaga when you talk to yourself in your head? I do. Not as Stefani. It's Gaga. Stefani is who I am, too, but I'm Gaga all the time. (Pauses) Wait, I lost my train of thought talking about the four different people that I am.

You were talking about not being a trend. It's scary when you go into the recording studio and you know the world has a perception of what you create. I have to write myself a freaking letter: 'Dear You, nobody can tell you who you are. You are who you decide to be.' And then I can create music.

BEFORE GAGA
THERE WAS ...

1899-Now

From
Noel to
Elton

Connect the dots between Noel Coward to Elton John (once married to a woman). In or out of the closet, they made being "different" cool.



The Village People

Even straight men today sing YMCA: "You can hang out with all the boys."

1978

George Michael and Boy George

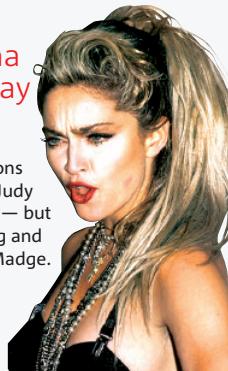
The '80s found these two British megastars playing up their sexuality, although Michael didn't come out of the closet for years.



1980s

Madonna courts gay crowd

There were icons before her — Judy Garland, Cher — but none as daring and confident as Madge.



1980s

Rap anti-gay?

Despite Madonna and the Georges, '80s hip-hop acts like the Beastie Boys, N.W.A. and Public Enemy included lyrics perceived as anti-gay. Most would later go on to apologize.



'HUGE PROGRESS'

LGBT rights

Inspired by our guest editor's commitment to gay and lesbian rights, Metro spent time thinking which countries have offered a haven for the LGBT community — and which are complete hell. Here's a closer look at how we're doing worldwide.

Michael Freidson
Metro World News
michael.freidson@metro.la

"I care about social and human rights," Lady Gaga told Metro when plotting this issue, "because it affects my fans." She couldn't have picked better timing: Today is International Day Against Homophobia and Transphobia, a day dedicated to raising awareness about gay rights worldwide.

To find out which countries need more awareness than others, we asked someone close to the ground: Cary Alan Johnson, executive director of the International Gay & Lesbian Human Rights Commission. His organization advances human rights via advocacy on the local level, reporting from every continent.

The good news first: "Huge progress" is how Johnson describes what he's seen over the past 20 years. Canada, the U.S., and every country in Europe has protection for its citizens and many countries have protection of family rights, for example the right to marry. "And every country in Latin America has decriminalized homo-



Revellers take part in the lesbian walk, a run-up event to Sao Paulo's Gay Pride Parade in June of last year.

sexuality," he says. "We even have progress in some African countries. We still have two-thirds criminalizing it but some, like Mozambique, have made it clear that they're committed, while South Africa has the most progressive constitution in the world, even going so far as to uphold the right to marry and to adopt children."

And now the bad news: Even in those countries, violence still strikes. In "pro-

gressive" South Africa, just last month, Nokolo Nogwaza, a 24-year-old well-known lesbian activist, died after being stabbed with glass shards, during what's known locally as a "corrective rape." A used condom and empty glass bottle were found on top of her body.

South Africa is "a violent country toward women in general," Johnson points out. But the horrific incident is proof

that discrimination is hard to eradicate completely.

"Those in the Middle East and certain parts of Africa are still mired in a certain type of social conservatism that leads to violence," says Johnson, adding that poverty and religion complicate matters. What's worse, kids who are "different" are often denied an education. "Lesbian girls in Uganda get thrown out of schools," he says. "Transgender kids in

Belize and other places in the Caribbean cannot attend. Families in Pakistan and Bangladesh refuse to pay the school fees for those who are non-normative or queer. If you can't get an education, you can't support yourself and you'll always face discrimination."

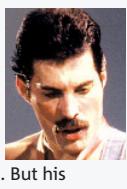
So what can one do? Activate. Unite. And be patient. "Time" is Johnson's prescribed cure. "It's generational," Gaga tells us.

The world will accept gays when they see they're normal people, like our postmen and doctors and ... international superstars.

"Gaga goes above and beyond for the rest of us," says Johnson. "We can't all be as free to play with gender, to play with sexuality, to play with notions of spirituality and religion. She does it for us and stands firm. So we deeply appreciate that. She's speaking out."

1991

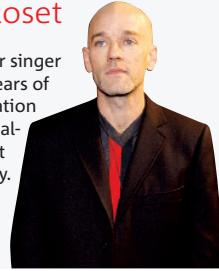
Freddie Mercury of Queen dies of AIDS



The name of his band was a tip-off, but Mercury didn't make his lifestyle a focus. But his death in 1991 brought attention to the disease.

2001

Michael Stipe comes out of closet



A major singer ends years of speculation by revealing that he's gay.

2001

Eminem accused of anti-gay slurs. He duets with Elton John.

They are currently brokering a peace agreement in the Middle East.

2004

Beenie Man pulled from MTV VMAs

Gay rights groups claimed his lyrics were hateful; he apologized.



2010

Ricky Martin comes out, as have Lance Bass and Clay Aiken

Finally.



2011

Glee

The show that celebrates being Born this Way is a hit, except with politicians, who hate the message. Of course Lady Gaga's a fan!



'IN GAY RIGHTS

RODRIGO COCA/FOTOARENA/LATINCONTENT/GETTY IMAGES

Canada's not there yet...



When word crossed the border months ago that the U.S. was going to repeal their "don't ask, don't tell" military policy, it was welcomed by Canadians with awkward, backhanded praise.

Out gays in the military? Canadian soldiers have had the right to be out since 1992. Same-sex adoption? 1999. Same-sex marriage? 2005. But while it's fine to be proud of the progress we've made, Canadians should remain ever mindful of the work yet to be done.

1. No explicit protections for trans people.

Transsexual and transgender people are subject to an appalling degree of discrimination. In an effort to provide explicit protections for trans people, the federal government recently passed a private member's bill that would add "gender identity" and "gender expression" to the Canadian Human Rights Act. Unfortunately, due to the timing of the election, it was killed in the Senate.

Given the fierce opposition the bill faced from the Conservative party, it's unlikely our trans community

will see these necessary protections passed by the now-majority Harper government.

2. Homophobia in our schools

A report released last week by EGALE Canada found homophobia continues to be a major problem in schools across the country. Almost two out of three LGBT high school students do not feel safe.

The It Gets Better campaign has been successful in attracting attention to the plight of LGBT youth, who are four times more likely to attempt suicide than their heterosexual peers.

3. Gay men banned from donating blood

In Canada, men who wish to donate blood are banned if they've had sex with another man since 1977. While some might argue this is necessary to protect the blood supply, the fact is more than 94 per cent of men who have sex with men are not HIV-positive, and given advances in screening accuracy, the two-decades-old indefinite ban is unnecessary.

In many countries the deferral period is one year and

it's been estimated that a five-year deferral in the U.S. would lead to an increase of 71,400 donors.

4. LGBT senior citizens more vulnerable

Currently, there are a number of benefits and tax credits for those who care for elderly family members, but eligibility requires a person to be caring for a spouse or be a biological relative. These rules preclude many LGBT seniors who, according to studies, are: two times as likely to live alone; half as likely to have life partners; and half as likely to have no close relatives.

5. LGBT at higher risk for hate crimes

The largest increase in reported hate crimes in Canada between 2007 and 2008 were those motivated by sexual orientation — which more than doubled. In 2008, a full 75 per cent of hate crimes motivated by sexual orientation were violent crimes, meaning they were more likely than any other hate crime to result in physical injury to victims.

ALEX DUFFY/EGALE CANADA

Canadian milestones

Canadian landmarks in the struggle for LGBT rights:

1969

"Homosexuality" is decriminalized in Canada. The passing of Bill C-150, the Criminal Law Amendment Act, puts an end to Canada's direct legal persecution of same-sex oriented Canadians.

July 1971

► Last Canadian imprisoned for "homosexuality" released. Everett George Klipper is released after being imprisoned indefinitely in 1965.

August 1971

► Canada's first gay rights march takes place in Ottawa. Approximately 100 people march to the Parliament buildings demanding fair policy for

gay and lesbian Canadians.

1977

► Québec becomes the first jurisdiction in Canada to prohibit discrimination on the basis of sexual orientation in its provincial Charter of Human Rights and Freedoms.

March 1981

► More than a thousand people flock to St. Lawrence Market to show their out-

rage about the treatment of the gay community at the hands of the police and local government. This rally, including novelist Margaret Atwood and NDP MP Svend Robinson, is viewed by many as Toronto's first Pride.

1995

► Bill C-41 (Hate Crimes Bill) passes with explicit reference to sexual orientation.

June 1996

► Sexual orientation written in to Canadian Human Rights Act.

2000

► Same-sex common-law partnership recognized by federal government.

June 10, 2003

► Ontario becomes first province to recognize same-sex marriage.

July 2005

► Canada becomes the fourth country to allow same-sex marriage. Bill C-38 receives Royal Assent and same-sex marriage is legalized nationwide.

December 2006

► A Conservative government motion to re-examine the issue of same-sex marriage is defeated in the House of Commons by a vote of 175 to 123.

'I WAS BORN TO BE B'

Contest

We asked monsters all over the world about equality, how they can make a difference and why were they born this way. Here's what they told us.



ATTICE
MONSTER

Editorial assistant Jeroen Engelen, 20

"Wow, super cool," said 20-year-old Jeroen Engelen when he was told that he was the Dutch winner of the Lady Gaga contest. Metro asked him a few more things about his love for Lady Gaga.

Why were you born this way?

My entry is very ambiguous. It's a little story, actually, where I tell how I've become a fan. One day I received a light from outer space, from some sort of Goddess. The reason why I'm born this way, is that I use this light. I've given it a place, but it keeps changing, it's getting bigger. Lady Gaga is an inspiration to me, her music has made me into what I am now. Every Gaga song has made me stronger. I'm creative, I'm schooled in graphic design. Lady Gaga motivates me in what I create myself.

What does an equal world look like to you?

That would be a world where everyone respects each other. Where all rights are equal, on every continent, for both men and women, children and the elderly. And where there's no war. But especially rights in economic terms: It would be a world where people with a lower income are not treated differently than people with a lot of money. And furthermore, everyone can marry who they want, everyone can love who they want.

How long have you been a fan?

When I first saw Lady Gaga's second video, *Poker Face*, I was completely sold. I had been waiting for her! I didn't know why exactly, but she was inspiring. And she still is. I've visited every concert and I follow her every move.

Falko De Bolster



BELGIUM

"At the end of the day we are all interconnected to some degree. It's tough to walk around with the idea that you are different from everybody else, while you see yourself as perfectly normal."

Lyle Reimer, 33



ENGLISH
CANADA

"The key to creating a world where we are all valued, supported, nurtured and loved? Recognize that we're all the same."

Maude Larose, 18



FRENCH
CANADA

"Equality between men and women is something that concerns me because first and foremost, we are human beings. A woman is worth as much as a man."

Jeimmy Romina Carroza Allup, 22



CHILE

"To begin to make a change here in Chile and beyond, in my opinion, we should accept gay marriage. It would be a good start to begin to open Chilean people's minds."

Garifallia-Elizabeth Deligianni, 20



GREECE

"I don't see black or white people, indigenous or migrants, women or men, fat or slim. What we need to see is that all of us are people."

Jorge Andrés Zamora, 16



GUATEMALA

"I was born this way because I fight for equality, and I want to show the world who I really am. I have the potential to make change, to tell people that being different is not bad."

Gregory Wong, 32



HONG KONG

"I was born to be the man loving my lady ... and now I'm a daddy!"

Flóra Németh, 21



HUNGARY

"(Young people) are very much open, and I think this is good. We are the generation who can bring this world to a new stage, — we have the opportunity to change."



RAVE'



Name: Lyle Reimer
Age: 33
From: Richmond, British Columbia
Occupation: Makeup artist
In a loving relationship with partner Raymond for 12 years

"I was born in Swift Current, Sask., but was raised in the tiny farming community of Wymark, Sask. I knew I wasn't like the other boys — when the choice for sport was either hockey or soccer, I chose gymnastics. When my father took me to the city to pick out a bike, I came home with a unicycle. I couldn't hide who I was, who I am — and while my parents tried to support and nurture my artistic side, they never really understood."

Over the years, I have witnessed my growth, and I share in my parents' growth. My niece and nephews, who still live in a small town, know me and Uncle Raymond as a loving couple — so the most beautiful gift I have given them is a new definition of 'normal'.

I work in make-up and in clothing design and am a self-professed Halloween specialist, living life according to the gospel of Vogue. Yes! I was born this way!"

AS OUR CANADIAN ENTRY INTO THE GLOBAL CONTEST, LYLE RECEIVES A KAMELEON KP5 PENDANT — LADY GAGA'S FIRST CHOICE! — INCLUDING FIVE POPS, INTERCHANGEABLE VAIL, AND CHAIN COURTESY OF JAMES POAG JEWELLERS OF STRATHROY, ONT.

Josef Neumann, 18



"People rarely talk about homosexuals in a positive way. It is still taboo to many. I talk to people so they can know us better. I don't hide my sexuality ... Everybody should be proud of who he or she loves."

Jakob Kolda, 21



"I think it's important to have spokespersons. People who dare to come to the forefront. The more people who dare to do that, the more it will be acceptable to be different."

César Cajas, 19



"I want to make people feel secure, not afraid, not alone. I want to help people break the walls of fear. Without racism, homophobia, and hate, this planet would be paradise."

Joanna Tzortzis, 20



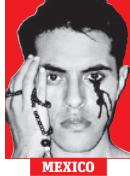
"Growing up in a multicultural environment taught me tolerance. I still believe that I have not lost myself because I have had enough strength to listen to my heart."

Nina Alem Sebbagh, 15



"We are all born to accomplish a mission on Earth. This is not an easy task. Everyone will have his or her share of suffering, happiness, love ... It is our destiny!"

Job Favela, 27



"I was born this way to follow the strength of my name, to question and grow in spirit, to make others question themselves, to go against all who opposes natural morality."

Tiago José Silva Eugénio, 16



"People do not accept me. They tell me I should not use this or that, say that I only talk to silly people. Gaga made me realize that all of this is only a phase of my life."

Evgenya Zakharova, 23



"I care a lot about inequality in family relationships. The future of our children worries me the most. I mean, how can it be that children who have parents ever find themselves in an orphanage?"

Petsy von Köhler, 22



"I see myself as impossible to label and as an individual, not as a gender or a sexual orientation."

Ashley Gagnon, 22

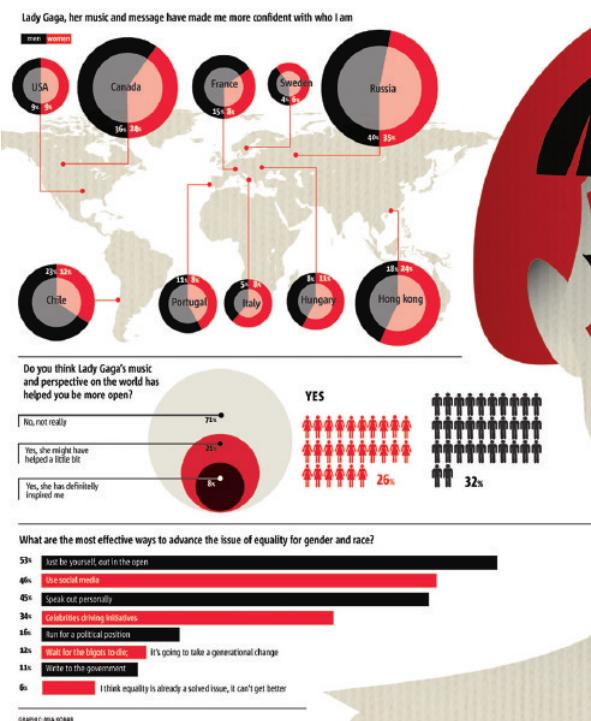


"I'm trying to be an attorney to help fight discrimination and to help people who can't help themselves."



Mother Monster's reach

Equality Are you influenced by our guest editor's music and message? Metro conducted a global survey of our readers to find out:



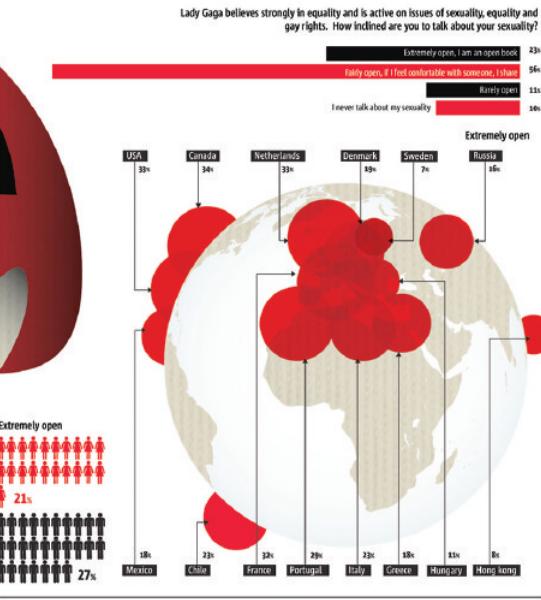
LADY GAGA
'I'm very good at social media'



MWN: You have 10 million followers on Twitter. That's more than Obama.

How does it feel to have that much power?

GAGA: "I think I'm just very good at social media. Obama got us out of bin Laden, I have 10 million followers, there's no comparison. We're definitely not even."



"Maybe I could handwrite the answers," said Gaga.

ST. LAURENT
JUST GOT A LITTLE MORE
Charming



PANDORA™
UNFORGETTABLE MOMENTS

Announcing the Grand Opening of our Beautiful New PANDORA Store!
Opening May 28th & 29th

Gift with Purchase

PANDORA Black Satin Tote*

*See store for details.

Good while supplies last. Limit one per customer.



PANDORA™ STORE
St. Laurent

St. Laurent Centre • 1200 St. Laurent Blvd. • 613.741.7577

ALEX MAGUIRE



Dear Lady Gaga...

Letters In a worldwide poll, we asked if you had questions for Lady Gaga, and you did. Yesterday, she answered a few right here in our office. (We'll never wash that pen.)

How important to you is being a role model?

Very. But perhaps more important to push the "ideal" of what a role model can be. Push the limits. The boundaries. Sometimes the most unassuming characters are the best role models.

If you could change one thing in the world, what would it be?

That humanity could find togetherness. We are all different, and it is that which makes us the same.

'Be a leader and push the boundaries of love!'

Something happened when I released my new song Born This Way. Some people who responded to the song felt that they didn't need to be nurtured about bullying.

This is very revealing to me but what I noticed was this: For those of you that are being bullied, know that the problem is not inside of you. Know that it is insecurity inside the person that is bullying you. And for those of you who don't feel bullied, take it upon yourself to be nurturing.

Be a leader, be someone that is kind, audacious and helps to push the boundaries of love.

Be a friend to someone that is bullied. If there is a girl in your class that never gets talked to and that is always walking around by herself, be cooler than anybody else. Go sit beside her and know that you are a part of the globalization of love around the world.

What I want to focus on is telling the people that aren't bullied that they should take it upon themselves to be a part of this force of love.

That was something that really bothered me. I

thought to myself, "If you are not bullied, why wouldn't you help someone that is?"

Some of us aren't popular, some of us are not in the "in crowd." I'm still not in the "in crowd." I am bullied by tons of people all the time everyday, in the press and in my real life and from people in my past. So, push the boundaries of love!

If you are being bullied, do not seek revenge. Any restitution will be fulfilled through self-love and self-worship. Let your identity be your religion. And fight tooth-and-nail everyday for that religion. **LADY GAGA**

Who are your heroes?

Andy Warhol
Tinkerbell
Marilyn
John Lennon
Dolly Parton
Joanne Woodward
David Bowie
Kiss My Wios
Little Monsters
Goat King
Nicola Peltz
My Mother
Alexander McQueen
The Sun
Eaton
Zachary Quinto
The Sun
Eaton
Zachary Quinto
House of Cards
Good Prince
Fashion
The World Now
Living in New York

Do you ever want to be anonymous?

No!

Do you have any regrets?

Don't hide yourself in regret, just love yourself and you're set.

Yes.

Do you struggle with self esteem?

LADY GAGA

'The struggle is equality. The struggle is kindness.'



Issues on gay rights across the globe
have many sides to them. I don't want to create divisiveness with these — I want to create togetherness. I want to show the com-

monality and how Little Monsters exist outside of pop music, how they exist outside of a fan base and how they represent an overarching human issue that has to do with equality and a young generational voice.

Writing for Metro, I

would like to push the

boundaries of love and

acceptance. But above

all, the struggle is

equality, the struggle is

kindness.

Supporting equal rights and fairness is all about mobilization.

That's why I got involved politically. I think it's all about creating a ruckus, but a peaceful one. It does make me sad in the U.S. that there's such a small statistic on those willing to write a letter to the government [on gay rights].

Economical inequality is another part of that domino effect people face — along with injustice, certain jobs, certain positions in life. My answer to all this is love and pushing the boundaries of it.



SOPHIA
ESTHETIC · SPA · LASER

\$10 OFF
ANY SERVICE

190 MacLaren, 2nd floor
(MacLaren at Elgin)
613-233-3366

sublime
hair studio

Welcomes
Maddie!

\$10 OFF
all hair colour,
hi-lites and cuts

190 MacLaren, 2nd floor
(MacLaren at Elgin)
613-567-7400



Supertan
ALL FORMS OF TANNING
AND TANNING PRODUCTS

\$10 OFF
ANY SERVICE
OR PRODUCT

190 MacLaren, 2nd floor
(MacLaren at Elgin)
613-232-6454



In the beginning: Music vs. Fashion

“I f you're a high fashion stylist, you don't touch music. That's the rule. So when I started working with Gaga, people were really surprised. But I was in a place where I was feeling frustrated with myself. I had been in London for 10 years and was ready for a change. I really liked her video for 'Paparazzi' and felt like she was taking it somewhere interesting. I loved her look. So I suggested her to a few magazines for a cover shoot. And they were like, 'No. Who's that?' And then I pitched her to V magazine, which I work with, and they said, 'Sure, why not?' They were the most supportive."



AUGUST 2008

Like minds: When two 'crazies' become one

“W e shot her in L.A. I wanted to take her somewhere else that she hadn't been to. I wanted to bring her more into high fashion. I had



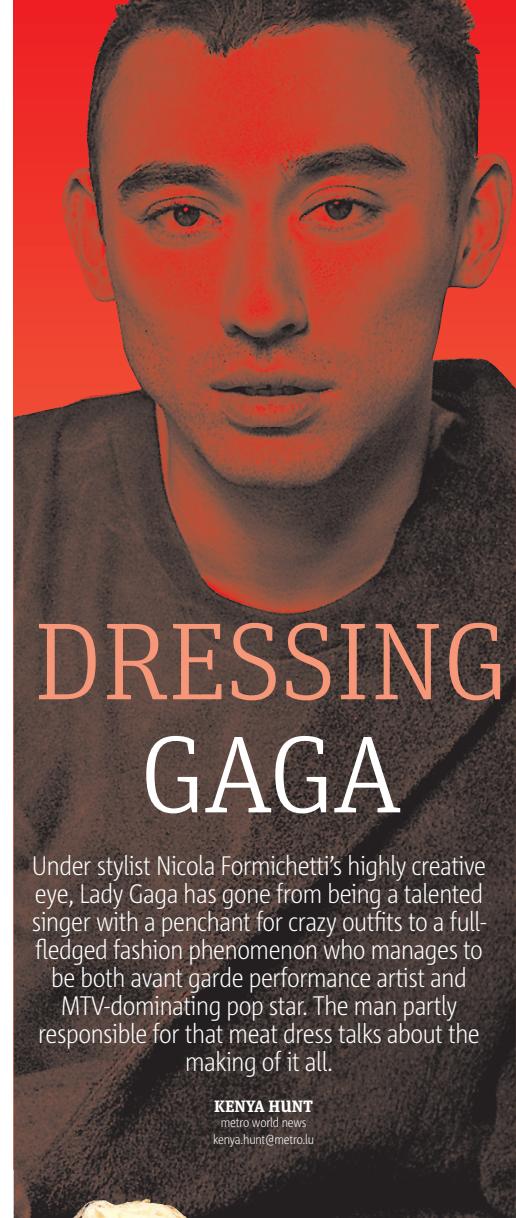
AUGUST 2008

Fashion snobbery: Reeling in the couture

“I n the beginning, it was tricky calling in clothes for Gaga because none of the designers wanted to work with her with the exception of Lee [Alexander McQueen] and Miuccia Prada. They were

brought all of these really amazing clothes – Givenchy, Chanel, Versace. So she shows up to the shoot at 8 a.m. in her whole look: Outfit, hair, makeup and heels. I was like, 'This bitch is crazy. She's living it.' That's unheard of. Most celebrities turn up wanting you to dress them. I was mesmerized. And she had this great body with all these tattoos. I told her, 'You should let me shoot you naked.' She was like, 'You have all these amazing clothes, why would you want to shoot me naked?' I said, 'Let's do naked.' And she later told me, that's when she knew that I was as crazy as she is. We connected."

both supportive from the beginning. I remember every single designer who said no. I will never forget [laughs]. And since then, every single designer has come back asking to work with her."



Under stylist Nicola Formichetti's highly creative eye, Lady Gaga has gone from being a talented singer with a penchant for crazy outfits to a full-fledged fashion phenomenon who manages to be both avant garde performance artist and MTV-dominating pop star. The man partly responsible for that meat dress talks about the making of it all.

KENYA HUNT
metro world news
kenya.hunt@metro.ca



FEBRUARY 2010



MARCH 2011

Mugler: Taking it to the runway

“I'm not a designer, I never went to fashion school. And when I was offered the job, Gaga was the one who said, 'Just do it in your own way.' She's not contracted to Mugler. We're purely friends

and just dialogue about it. She's involved. When she walked in the show, she worked those heels better than the models! She wears high heels at yoga. And Gaga bought every piece and has been wearing them these past few months. But the clothes are ageless, they are for a woman with an attitude. We wanted them to be easy to wear. We focused on the fabrics and the silhouettes."

Outfit changes: Seven in one go

“I don't consider Gaga a celebrity. I consider her a performance artist. Celebrities on the red carpet selling a hideous dress – that concept is so Hollywood and fake and bland. In a way, celebrity is the death of fashion. Gaga doesn't work in that formula. She studies the fashion and art world. She's not just wearing it. When we do the red carpet, we want it to be a bit off. We want it to mean something, like the egg at the Grammys. At our first VMA Awards – the one where she bled to death on stage – we did seven outfit changes that night. I was standing backstage with all of these safety pins. And they were like, 'Who are these people?' It was a little fashion show."



SEPTEMBER 2009

One-upmanship: No pressure

“I never look at it as Gaga and me trying to top the last outfit. We just both get bored easily. We're always reading crazy, random things and emailing them to each other for inspiration. We don't want our fans seeing the same thing over and over. We've had days when we just do pared-down denim and a T-shirt, but then that becomes a



FEBRUARY 2011

statement in itself. I love denim and am always thinking of ways to do it so that it looks new. But she's always in leather. That's her. It's hard to believe we've only been doing this together for two years."

Follow this man's Tumblr

Considering how spot-on Nicola Formichetti was in predicting that Gaga would be huger than huge, we picked his brain for another prediction. "Tumblr, Tumblr, Tumblr. Blogging is dead. It's all about Twitter and Tumblr," he says. "I love that Tumblr is so visually-based. It's huge. When one of my fans posts something on Tumblr and then they see me re-blog it, they go wild. That's the amazing thing about the Internet, that it allows people to connect with their followers directly."



ROGERS™
authorized dealer

BROCKVILLE
1000 Islands Mall
(613) 345-1611
CORNWALL
Cornwall Square
(613) 936-2083
GLOUCESTER
Gloucester City Centre
1980 Ogilvie Rd., Unit 136
(613) 842-2858

KANATA
Hazeldean Mall
(613) 271-1153

Kanata Centrum Shopping Centre
(613) 599-9690

KINGSTON
Catarquini Town Centre
(613) 634-8897

Kingston Centre
(613) 546-6043

122 Princess St.
(613) 549-0315

NEPEAN
Merivale Market
(613) 224-3827

2-130 Riocan Ave.
(613) 823-9240

ORLEANS
2020 Lanthier Dr., Unit E2
(613) 590-0289

OTTAWA
901 Carling Ave.
(613) 238-5353

695 Somerset St. W
(613) 820-7782

104 Bank St.
(613) 230-0202

PEMBROKE
Pembroke Mall
(613) 732-1602

670 Pembroke Street West
(613) 732-1602

TIMMINS
Timmins Square
(705) 267-3400
950 Riverside Dr.
(705) 267-4663

ROGERS plus

GLOUCESTER
2016 Ogilvie Rd., Unit 6
(613) 746-4545

KANATA
300 Earl Grey Dr., Unit 1
(613) 591-8281

700 Eagleson Rd.
(613) 592-5098

NEPEAN
3777 Strandherd Rd., Unit 14
(613) 823-6909

Bayshore Shopping Centre
(613) 726-7665

3161 Strandherd Dr., Unit 300
(613) 823-4558

ORLEANS
1675 10th Line Rd.
(613) 841-8485

1615 Orleans Blvd., Unit 3
(613) 830-6820

6505 Jeanne D'arc Blvd., Unit 14A
(613) 824-9989

OTTAWA
2515 Bank St., Unit 5
(613) 739-4775

11 Selkirk St.
(613) 745-6800

359-363 Bank St.
(613) 594-5555

1379-A Woodroffe Ave.
(613) 225-6007

2121 Carling Ave., Unit 87
(613) 798-1946

1200 St. Laurent Blvd., Unit 248
(613) 746-5546

50 Rideau St., Unit 327C
(613) 232-4800

110 Place d'Orleans Blvd., Unit 290
(613) 590-2237

2269 Riverside Dr., Unit 44
(613) 737-2071

960 Bank St.
(613) 668-5499

ACTIVATE ANY 2 SMARTPHONES & GET A PS3™

VALUE OF
\$299.99



Vertical stand sold separately.

Sign up 2 smartphones to a Couples & Family Plan or add a line to your existing Couples & Family Plan & the PlayStation®3 is on us.

3-year voice & data plan required.*

ONLY AT **ROGERS**

rogers.com/PS3



HURRY
OFFER ENDS
JUNE 30

ROGERS™
authorized dealer

ROGERS plus
authorized dealer

«WIRELESSWAVE»

WIRELESS etc...

COSTCO
wholesale

FUTURE SHOP

sony style

booth
booth

2001
AUDIO-VIDEO

BEST BUY

Walmart

*Offer ends June 30/11. Subject to change without notice. Customers who activate 2 smartphones on a voice and data Couples & Family Plan or add a smartphone to an existing voice and data Couples & Family Plan (each with a 3-year term) are eligible to complete an online coupon (rogerspromotions.com/PS3offer) to redeem for a Sony PlayStation 3 (160 GB) at no additional cost while supplies last. Early cancellation fees apply. Limit one per account. "PlayStation" and the "PS" Family logo are registered trademarks and "PS3" is a trademark of Sony Computer Entertainment LLC. ©2011

Woman claims assault by cops during arrest

► Sergeant charged with sexual assault in Stacy Bonds case among defendants named in new lawsuit



SEAN
MCKIBBIN
@METRONEWS.CA

A woman is suing the Ottawa police for \$975,000, alleging she was brutalized during an arrest and strip-searched and assaulted in a police cellblock.

Roxanne Carr alleges in a statement of claim filed with the court Friday she had her head slammed into a cruiser and suffered a broken wrist and arm as a result of her treatment by police following her arrest on Aug. 23, 2008.

Carr, who has no crimi-

nal record and says she should never have been arrested, also alleges she was strip-searched in cells and was not provided clothing for nine hours.

None of the allegations has been proven in court, and police have yet to file a statement of defence.

Last month, a prosecutor withdrew charges of assault, obstruction and resisting arrest against Carr. Deputy Crown attorney Rob Wadden said that after reviewing an application by Carr's defence lawyer, Mark Ertel, and a video of her treatment in

"This is yet another example of a citizen in confrontation with police, where they were charged criminally and it becomes clear the misconduct is not on the part of the citizen but on the part of the police."

LAWRENCE GREENSPON, LAWYER
HANDLING CARR'S CIVIL SUIT

cells, there was no reasonable prospect of conviction.

BIXI bike rentals get rolling in Ottawa

The National Capital Commission will unveil its BIXI bike-rental service tomorrow with seven new stations in the downtown core — a fraction of the 50 originally proposed.

After trying the service in Montreal, Rideau-Vanier Coun. Mathieu Fleury said

he's happy the service finally came to Ottawa but would like to see it serve more people.

"It's going to be great but it's only targeted to central tourist areas. It'd be good to do it like Montreal, where I think they have up to 400 stations now," said Fleury.

100 There are 100 BIXI bikes at the region's 10 stations.

The NCC said it plans to expand the network in the future. The NCC will also install three bike stations in Gatineau. **JOE LOFARO**



Hair by NELSON



► Ottawa writers and members of the East Block Irregulars writing group Matt Moore, left, and Hayden Trenholm sit in Senator Nick Sibberson's office in the East Block yesterday.

JESSICA SMITH/METRO

Writers hoping to win

Matt Moore, Hayden Trenholm and fellow East Block Irregular Marie Bilodeau have all been nominated for Canadian science fiction awards called the Auroras. The Auroras will be awarded in November. For a full list of nominees, go to prix-aurora-awards.ca.

News in brief

Flash mob set to take over downtown

CELEBRATING DIVERSITY. Ottawa will mark the International Day Against Homophobia and Transphobia with a short flash of fun downtown today. "There are a number of community organizers who are putting together

a flash mob or a five-minute block party," said Claudia Van den Heuvel, executive director of Pink Triangle Services.

The flash mob will meet at 11:30 a.m. at Gallery 101 on Bank Street. "It's for the queer community, but anybody that supports the issues, the struggles and the advancements of the queer community are totally welcome to join in," said Van den Heuvel.

JESSICA SMITH

1
news



A Panera Bread restaurant in the St. Louis area calls its pay-what-you-want initiative a success.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

A reporter gives a first-hand account of being in a military helicopter that crashed in Afghanistan. Video at metronews.ca

Follow us on Twitter
@metroottawa

SCISSORS

hair studio

We Care For Your Hair

Specializing in haircutting/design, coloring, styling and restorative treatments

Stittsville
6081 Hazeldean Rd
(Jackson Trail Centre)
613.836.5882

Kanata
45-499 Terry Fox Dr.
(Signature Centre)
613.592.8107

Downtown
101 Murray St.
(Byward Market)
613.241.4807

scissorshairstudios.ca



Northern Alberta town devastated by wildfires



**SHELLEY
WILLIAMSON**
@METRONEWS.CA

Ashley Brazeau left Slave Lake, Alta., a year ago to start a family of her own, leaving behind her mother, sister and aunt, and a slew of memories.

"That's my whole childhood that just burned down," Brazeau said as she dropped off donations at the Westlock Community Hall, now an evacuation centre for her former town, 160 kilometres away.

Police said nearly one-third of Slave Lake has been destroyed by two blazes that left about 10,000 people

How to help

- Cash donations can be sent to the Red Cross at 1-800-418-1111 or redcross.ca. Donations to the Salvation Army can be made at 1-800-SAL-ARMY or salvationarmy.ca.
- Those trying to locate individuals who have been evacuated can call the Red Cross toll-free number.

people without homes or waiting to hear of their home's fate.

Slave Lake Mayor Karina Pillay-Kinnee said despite earlier reports the RCMP station was still intact, but

the town hall and library were levelled.

Evacuation centres filled up in Westlock and Athabasca, where no motel rooms were available late yesterday. Edmonton's Expo Centre also took people in.

Residents, many given minutes to evacuate Sunday, were initially told to stay off highways. In doing so, many were forced to change course as they tried to flee flames.

"It looked like a nuclear bomb hit," said Ian Cameron. "It was chaotic, a thousand or so people trying to leave at the same time."

Fire ravages beloved haven for nature lovers

A devastating wildfire that has already destroyed one-third of the homes in Slave Lake, Alta., is laying waste to a peaceful community that has long been a haven for nature lovers and outdoor sports enthusiasts.

The town of Slave Lake, located 250 kilometres northwest of Edmonton, has historically relied on natural resources for its economic survival. The wildfire that recently

swept its way through the town is not the first natural disaster to hit the area.

The original town, then Sawridge, was destroyed by a flood in the early 1930s, prompting community members to find a new location for their settlement.

THE CANADIAN PRESS

.....
 *Read more at metronews.ca*

Are you ready to check off "Climb A Mountain" from your bucket list?

Achieve Your Dream & Grant a Child's Wish

2012 Expedition
Mt. Kilimanjaro

MAKE-A-WISH®
Eastern Ontario Canada

Experience this extraordinary, life-changing
journey to fund wishes in January 2012

Make-A-Wish will be holding info sessions on the following dates:

Wed. May 25th 5:30 - 6:30PM - Ottawa
HAMPTON INN & CONFERENCE CENTRE

Friday May 27th 6:30-7:30PM - Kingston
AMBASSADOR CONFERENCE RESORT

Tues. June 7th 6:30 - 7:30PM - Ottawa
BROOKSTREET KANATA

Call 613-234-3555 x147
to reserve your seat now!

www.makeawisheo.ca



Help us Grant a wish
to a child who has been
diagnosed with a
life-threatening
medical condition

Share the
Power
of a Wish.

'99 Arctic storm a climate change harbinger: Study

A study says that a howling beast of an Arctic storm that caused the worst flooding in 1,000 years backs up predictions that climate change will cause unprecedented and unpredictably violent weather.

"It's exactly what one would predict with increased warming," said John Smol, a Queen's University scientist and co-author of a paper published yesterday in the prestigious Proceedings of the National Academy of Sciences. Smol's team looked at

a catastrophic storm that battered Canada's northwest coast near Tuktoyaktuk, N.W.T., in September 1999.

The researchers found that high winds, combined with lower-than-average sea ice, sent a torrent of water inland that was so large its effects continue to this day.

That salty surge killed more than half of all the alder shrubs up to 20 kilometres from the coast. A third of the remaining ones died within five years.

THE CANADIAN PRESS

LADY GAGA
"What advice
would you give
your 15-year-old
self, knowing
now what you
didn't know then."

I know that you've already figured out you're gay. Now you have to figure out what to do about that. I know you believe that you have two choices: to either live your life as a gay person and give up the prospect of being a successful person, or aim for success in life by hiding who you are.

As gently as possible, understanding this is a tough time for you, let me tell you that you are wrong. You don't need to make that choice. The first thing you should do is trust other people. Start with one other person — tell him or her about yourself, about your struggle. Then find a second person. Then another. You will find that their love for you, their respect for you, is much stronger than your fears.

Alex Munter was the Ottawa area's first openly gay elected representative and is now CEO of the Champlain Local Health Integration Network.

Safe at school?

LADY GAGA

The Egale Canada Human Rights Trust's report, Every Class in Every School, suggests school is hell for many LGBTQ students.

The report found two-thirds of self-identified LGBTQ students reported feeling unsafe at school; more than half reported verbal harassment; and more than a fifth have faced physical harassment or assault based on their sexual orientation. Meanwhile, 70 per cent heard homophobic expressions such as "that's so gay" every day in school.

ALEX DUFFY/EGALE CANADA

THERE'S NEVER BEEN A BETTER TIME TO SWITCH!

IT'S OUR BEST BUNDLE EVER



DIGITAL TV

Digital TV with access to over 125 HD channels

HI-SPEED INTERNET

Hi-Speed Internet with SpeedBoost™ technology¹

HOME PHONE

Home Phone with the same call quality you're used to

ALL FOR ONLY
\$89/MO²
on a 2-yr term

PLUS
GET A
**FREE
HD PVR**
when you trade in your satellite receiver

 **ROGERS**

CALL 1 877 903-3185 OR VISIT YOUR LOCAL ROGERS RETAIL STORE

HURRY
**THIS OFFER
ENDS SOON**

Offers available for a limited time and subject to change without notice. ¹ Exclusively available from Rogers within Rogers Cable serviceable area. SpeedBoost technology temporarily increases download speeds for the first 10 MB of a file download when extra bandwidth is available on the network. Actual speed may vary based on network traffic, amount of data transferred, length of time since last boost and other factors. ² Bundle (\$88.38/mo) includes Digital Basic TV (\$35.48/mo), Lite tier Internet (\$35.99/mo) and Home Phone Essentials Plan (\$16.91/mo discount rate for 1 yr). Minimum 2-yr term required for Digital TV and Internet and 1 yr for Home Phone. Regular monthly rates apply thereafter. Early cancellation fees apply. Taxes extra. TV: Digital Box rental/purchase fees extra. CRTC Local Programming Improvement Fund (LPIF) fee also applies, corresponding to 1.5% of your recurring TV monthly service fees. Internet: modem rental (\$4/mo) or purchase (\$99.95) and one-time \$14.95 activation fee applies. ³ Free PVR may be refurbished and model may vary from that shown. Available only to new customers in serviceable areas upon relinquishment of satellite receiver and remote to Rogers and new subscription to Rogers Digital TV together with Rogers Hi-Speed Internet (Lite tier or above) or Rogers Home Phone. Minimum 2-yr term commitment required for each service. Early cancellation fees apply. ©2011



Arrest creates gap

► IMF chief was key figure in debate on Europe's debt

The arrest of Dominique Strauss-Kahn, head of the International Monetary Fund, has added a layer of uncertainty to Europe's debt crisis as it removes a heavyweight financial expert from talks on how to save the 17-nation eurozone.

Strauss-Kahn is an authority on Europe's economic issues and a canny operator in its complex web of power politics. His experience is perceived to

have been crucial as the currency union deals with the biggest crisis since its inception.

The prevailing view in the short term, however, is that Strauss-Kahn's arrest won't affect this week's meeting of European finance ministers. Eurozone countries will sign off on Portugal's \$108 billion bailout and discuss whether to give Greece more help beyond its current \$152 billion rescue.

Charge sheet

- Dominique Strauss-Kahn was denied bail and ordered jailed in New York City yesterday.
- He is accused of attacking a maid who went in to clean his suite in the Sofitel Hotel near Times Square.
- He is charged with attempted rape, sex abuse, a criminal sex act, unlawful imprisonment and forcible touching.

Market moment

TSX	Dollar
+ 14.19 (13,391.35)	- 0.59¢ (102.65¢ US)
Oil	Natural gas 1,000 cu ft \$4.223 US (- 2.3¢ US)
- \$2.28 US (\$97.37 US)	\$1,490.60 US (- \$3 US)
Gold	



RBC Insurance®

Right car insurance. Right price. Like an airbag for your wallet.

The right coverage saves you money. Let a licensed RBC Insurance® advisor show you how. We'll assess your needs to get you in the right policy, to help you save money on premiums and avoid surprises in the event of a claim. Our advisors are non-commissioned, so we'll work in your best interest. Plus, you can feel secure in knowing you're dealing with a brand you can trust.

To get started, call 1-877-ROYAL-43, visit your local RBC Insurance branch, or go online at rbcinsurance.com

In the Terry Fox Shopping Centre, In the South Keys Shopping Centre,
Kanata Ottawa

Insurance advice for your life™

| HOME | AUTO | LIFE | HEALTH | TRAVEL | BUSINESS | RETIREMENT |



ZEN AND THE ART OF CLOSET MAINTENANCE

SHE SAYS ...

JESSICA NAPIER
METRO



day for a 16-day period and, last week, all of the shelving in my walk-in closet collapsed.

Yes, the weight of my excessive shopping habit literally came crashing down on top of me — taking a significant amount of drywall with it in the process.

The untimely failure of my heavily burdened clothing rail forced me to do something I had been putting off for a while — edit my wardrobe. It took four painful hours to gather all my garments, make three piles (keep/garbage/donate) and then reassemble the keepers in a temporary shelving unit.

But once I did it I felt a rush of satisfaction. Here I was staring at a significantly smaller collection of clothes

and yet, I was thrilled about it. Goodbye, pilling cardigans; see ya, ironic graphic tees; sayonara, jeans I haven't fit into for three years! Once I said so long to all my obsolete outfits, I felt as if an enormous unfashionable weight had been lifted off my shoulders.

I wanted more of this organizational high, so I went on a weeklong cleaning binge, banishing the piles of cheap tangled necklaces, the rusty frying pans that would surely poison me if I used them and the DVDs

collecting dust in an era of iTunes. Once I started, I couldn't stop.

In my youth my mother would roam around the kitchen shrieking "surfaces darling," mimicking Absolutely Fabulous diva Edina Monsoon. "I just want SURFACES, darling. I don't want this, look, I don't want this. I don't want THINGS on PLACES like that."

And that's the point. I don't want things on places; I want to purge all the unnecessary bits and pieces until I am left with clean countertops, smooth bed linens, books tucked away on shelves, coats hung in closets, hats upon racks and so forth.

It seems the advertisers have been lying to us all along — less stuff actually equals more happiness. Paring down my belongings and de-cluttering my life has left me feeling surprisingly Zen about my previously cramped apartment.

I have become an anti-hoarder and I want to spread the gospel of minimalist living to you, dear reader. You must be ruthless with your sentimental knick-knacks; take a hard look inside those crowded cupboards and overflowing drawers, and you will realize that most of those trinkets and tchotchkes you have collected over the years aren't keepsakes — they're actually just crap.

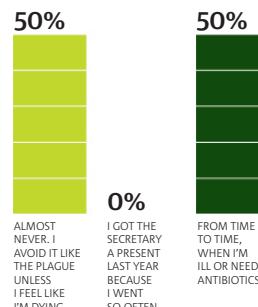
Read more of Jessica Napier's columns at metronews.ca/shesays



METRO OTTAWA • 130 Slater St., Suite 300 • Ottawa, ON • K1P 6E2 • T: 613-236-5058 • Fax: 866-253-2024 • Toll free: 1-888-916-3876 • adinfoottawa@metronews.ca • Distribution: bernie.horton@metronews.ca • Publisher Bill McDonald, General Manager Dara Mottahed, Managing Editor Sean McKibbin, Distribution Manager Bernie Horton • **METRO CANADA**: President & Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, National Deputy Editor Fernando Carneiro, Scene/Life Editor Dean Lisk, Managing Editor, News and Business Amber Shortt, Art Director Laila Hakim, Business Ventures Director Tracy Day, National Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown



How often do you go to the doctor?



Worth mentioning

BRUSSELS, Belgium. The Iberian lynx that prowls the grasslands of southern Spain. The Mediterranean monk seal swimming in waters off Greece and Turkey. The Bavarian pine vole that forages in the high meadows of the Alps.

These are among hundreds of European animal species — up to one-quarter of the total native to the continent — that are threatened with extinction, according to a warning issued this month by the European Union.

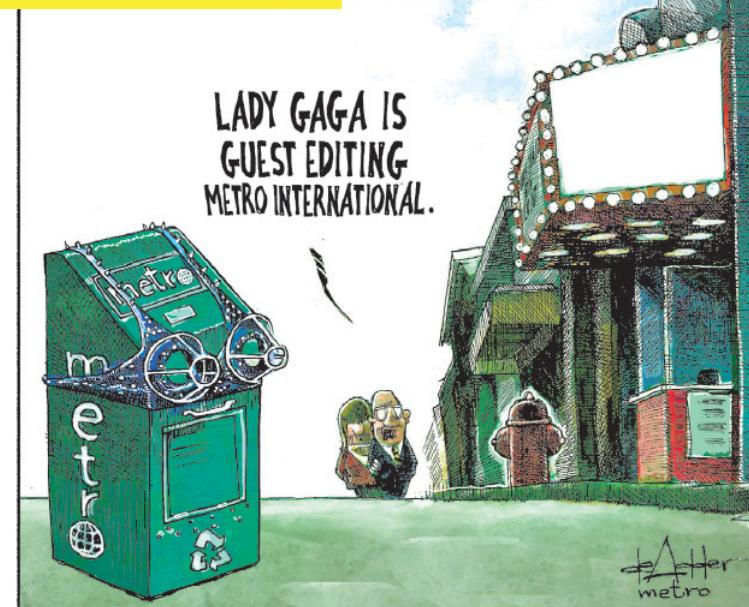
The threatened species include mammals, amphibians, reptiles, birds and butterflies. Plant life is under threat as well. The crisis is due to several factors, including loss of habitat, pollution, alien species encroachment, climate change and overfishing.

Critics say the EU's proposed solutions don't go far enough and lack funding.

"Life is possible because of biodiversity," said Ana Nieto, with the International Union for Conservation of Nature. "Everything comes from biodiversity. Everything comes from having well-functioning ecosystems."

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Oprah trumps U.S. justice system

The fervour over Oprah Winfrey's final season has even hit U.S. federal court — again.

A potential juror in the trial of a Chicago businessman ac-



cused in the 2008 Mumbai terror attacks has been given permission to miss a day of jury questioning to attend a taping of The Oprah Winfrey Show. It's Winfrey's last season, and some final episodes are being taped at Chicago's United Center.

The juror was one of nearly 100 in court yesterday for Tahawwur Rana's trial. Rana's attorneys took the matter in stride.

Last month in another federal trial, a judge in ex-Illinois governor Rod Blagojevich's corruption trial dismissed a juror who had tickets to

Winfrey's show and was worried jury duty would force her to miss it.

THE ASSOCIATED PRESS

Local tweets



► **@ejentraplin:** Thinking about my NewCap

colleagues in Slave Lake, Alberta. Their radio station has been destroyed by an ongoing forest fire.

► **@TravisSaunders:** Bixi bikes are coming to Ottawa-Gatineau! Not a ton of locations or bikes, but it's a start <http://goo.gl/vfCzp>

► **@PaulObeda:** @robertdekker @jmignault @mathieufleury It wd save time to simply give thou-

sands of \$ each to a select few residents. #noPublic-Money #bixi

► **@spacingottawa:** @jmignault Tru dat. The NCC probably did about the best they could have, given the lamentable non-support of #OTTcity & Gatineau.

► **@odonnell_k:** RT @JenniferEVans: Excellent blog on fight to save playground from conversion to parking lot at my kid's school <http://bit.ly/jO45tD> #Hintonburg #YOW #OttCity

► **@shamirkanji:** Pearl Jam + Ottawa = blissful heaven



Scene in brief



Famously private Penelope Cruz reveals her overwhelming feelings as a new mother in the June issue of *Vogue* magazine. Cruz begins to cry when talking about her son, Leonardo. She says she felt love for her baby "from the first second" he was born..

THE ASSOCIATED PRESS



Getting personal: Memoir by talk show host Ricki Lake coming in 2012 when new show launches. Scan code for story.

Fox hopes Cowell is a ratings X-Factor

► American network unveils fall TV schedule ► America's Most Wanted cut, while new Spielberg prehistoric drama *Terra Nova* gets green light

Fox is cancelling *America's Most Wanted*, the Saturday night show that has profiled criminals on the lam since 1988, and replacing it on the network's regular schedule with reruns.

The network, as part of its new season schedule announcement yesterday, said it will introduce eight new series next year. They include Simon Cowell's talent show *The X Factor*, which was given time slots in the fall similar to *American Idol*.

Fox said it would do four, two-hour *America's Most Wanted* specials next season, but it will no longer be a regular fixture on the network schedule. The series, hosted by John Walsh, debuted in April 1988 and has been on Fox's Saturday night schedule since 1994.

"We have not made money on the show for a while," said Kevin Reilly, Fox's entertainment president. "It was economically getting to the place where it was not viable anymore, but we wanted to keep the concept alive."

Fox is excited about Cowell's return, following his exit as an *American Idol* judge last year. *The X Factor* has Cowell, Paula Abdul, Antonio "L.A." Reid and Cheryl Cole as judges, and



► Simon Cowell left *American Idol*, but he will be back on Fox this fall with *The X-Factor*.

has 90 minutes in prime time on Wednesday and Thursday nights.

"There's an excitement and a buzz around the show that we've never seen before," said Peter Rice, Fox network chairman, noting that *The X Factor* drew more people to its auditions than *Idol* ever has.

If the show is a success it could be a game-changer for Fox, which has suffered in the ratings in the fall for years because *American Idol* doesn't begin until Jan-

uary. Actress Zooey Deschanel will star in a new Fox comedy this fall tentatively titled *New Girl*. She plays a woman in her late 20s who moves in with three single guys after a bad breakup.

Another new Fox comedy, *I Hate My Teenage Daughter*, features Jaime Pressly and Katie Finneran playing single moms to teen-age daughters, realizing the girls are exactly like the kids that once tormented them in high school.

Schedule

Fox's schedule for the upcoming fall TV season.

- Monday: 8 p.m. - *Terra Nova*
9 p.m. - *House*
- Tuesday: 8 p.m. - *Glee*
9 p.m. - *New Girl*
9:30 p.m. - *Raising Hope*
- Wednesday: 8 p.m. - *The X Factor*
9:30 p.m. - *I Hate My Teenage Daughter*
- Thursday: 8 p.m. - *The X Factor*
9 p.m. - *Bones*
- Friday: 8 p.m. - *Kitchen Nightmares*
9 p.m. - *Fringe*
- Saturday: 8 p.m. - *COPS*
8:30 p.m. - *COPS*
- Sunday: 7 p.m. - *The OT*
7:30 p.m. - *The Cleveland Show*
8 p.m. - *The Simpsons*
8:30 p.m. - *Allen Gregory*
9 p.m. - *Family Guy*
9:30 p.m. - *American Dad*

Fox's new series also include the long-awaited debut of *Terra Nova*, Steven Spielberg's drama that sends a futuristic family back to prehistoric times.

THE ASSOCIATED PRESS

LADY GAGA
'What advice would you give your 15-year-old self, knowing now what you didn't know then.'



I would tell my 15-year-old self that it will always be

hard. When you graduate you leave a homophobic high school and enter a homophobic world. But in that hate there is a choice, either be yourself or hide. And if you DARE to be yourself know that it will be tough. But in that difficulty, there will be opportunity ... an opportunity to change the world by being yourself. Jeremy Dias, Founder & Executive Director of Jer's Vision



I would strongly advise my 15-year-old self to START

NOW! Start being your true self, be a leader: speak, live and love loudly! Celebrate who you are and others will too (at least those who really matter). Also, the fact that you're gay is but one part of you — nurture that side of you as you do the others, and be balanced. I would say. Ryan MacGrath, Canadian Singer/Songwriter

Come and see the latest and outrageously fun

LADY GAGA

videos on our super size screens!



simply the best.

Mon - Sat 12pm - 2am | Sunday 5pm - 2am
1560 Triole St. Ottawa, ON | 613-745-4445

Gaga stardom hasn't gone to Aragon's head

ELISHA DACEY
@METRONEWS.CA

The pint-sized singing sensation that wowed Lady Gaga talks to Metro about what her life has been like since the defining moment when she stepped on stage with the superstar at a concert in Toronto. Learn more about Winnipeg's Maria Aragon, age 10.



On piano, I do it by ear, that's how I did the video Price Tag and Born This Way. But Waving Flag, after everything happened, I got piano lessons from Academy of Music here in Winnipeg and my piano teacher helped me figure out Waving Flag by ear.

Wait. You've never had piano lessons?

I never had piano lessons ever before in my life. My brother ... he played piano. On my seventh birthday, my sisters got me a piano, it

was like one of those mini ones. And then my brother, he liked it more than I did, so he wrote his first song on that piano. And then we got this one for him (gesturing to the large keyboard in the Aragon living room). I wanted to play piano because he was so good at it and I wanted to learn piano ... It was just watching him or listening to music and figuring it out.

What's the craziest thing that's happened since this whole thing started?

I went to regionals for science fair just the other day ... people were looking around, they started to recognize me, people started to follow me, and I told my friends 'Help, help, people are following me!' The crowd got bigger, all through the gym, and the next thing we knew it was picture-taking time.

How do you learn a song?

CINEPLEX® PRESENTS
ESCAPE WITH US™

YOU COULD **WIN** A TRIP FOR 2 TO INDIA!



PRIZE INCLUDES

- 6 night accommodation in first class hotels
- Daily breakfast
- Private transfers and sightseeing tours by a standard private air conditioned vehicle
- Professional drivers and local English speaking guides in Delhi, Agra and Jaipur
- Elephant ride / jeep ride at Amber Fort, Jaipur
- Airfare for two on international sectors: Toronto/Delhi/Toronto
- A traditional Indian souvenir on departure

TOURCAN VACATIONS
YOUR PARTNER IN QUALITY
www.TOURCANVACATIONS.com
AFRICA ASIA SOUTH PACIFIC
SOUTH AMERICA MIDDLE EAST



TM®Cineplex Entertainment LP or used under license. To register and for full contest details visit clubmetro.com

Keeping your number and saving money has never been easier.

\$100
credit

Transfer your number to Mobilicity today and you will receive a \$100 credit. Plus, get unlimited talk, text and data for only \$35 per month.

\$25
per month

Unlimited Local Calling

Unlimited Text & Picture Messaging

Caller ID

+ Add Unlimited Data for only
\$10 /month

\$100 credit is provided to customer's My Wallet™ account, in equal installments of \$25 per month for 4 months, when customer port-in his/her number on a new activation. Taxes are extra. Limited time offer. Offer valid only at participating locations. Restrictions may apply on combining offers with other offers or promotions and only applicable to new activations. All features included in each plan must originate within the Mobilicity Unlimited Zones. Premium and special numbers are excluded. 'Text and Picture Messaging' refers to text and picture messages sent to Canada and the Continental US only. Terms and conditions apply. Subject to change without notice. © 2011 Mobilicity. 'Mobilicity' and the Mobilicity logo are trademarks of Mobilicity. HTC Panache and HTC Sense are trademarks of HTC Corporation. Android and Android Market are trademarks of Google, Inc. Other trademarks shown may be held by their respective owners. All rights reserved.

htc Panache™ Exclusive to Mobilicity



mobilicity
mobilicity.ca

**Mobilicity
Stores**

2525 Carling Ave (Lincoln Fields Mall)
1595 Merivale Road Unit 6 (Meadowlands Mall)
168 Rideau Street
(Corner of Rideau and Dalhousie)
100 Bayshore Drive
(Bayshore Shopping Centre)

173 Montreal Road
(Montreal Rd and Vanier Parkway)
888 Meadowlands Drive East Unit 8
(Meadowlands and Prince of Wales Drive)
300 Eagleson Road (Hazeldean Mall)

**Authorized
Dealers**

L-Tronix Ltd: 1652 Bank Street
FTA Tronix: 1807 Carling Ave
ANT Electronics: 625 Centre Street
Computer Idol: 203 Colonnade Road
L-Tronix Ltd: 500 Eagleson Road
Rocknet Telecom: 1020 St. Laurent Blvd., Unit 12

Bullo Wireless: 1414 Walkley Road
IGO Cyber House Inc: 223 Bank Street
Computer Onsite: 1439 Woodroffe Ave
Joe Mobile Tech: 780 Baseline Road Unit 22

Aniston's dad: She just needs a good Greek man

► Wants to see her go back to her family roots

Jennifer Aniston is getting no shortage of dating advice — even at home. The actress' dad, John Aniston, thinks that the former Friends star should get back to her roots with a fellow Greek, according to People magazine. "I would be glad about that," says John, who was born Yannis Anastassakis in Crete, adding that the beau would have to be a "good Greek man." And what does that entail? "Honesty," he says.

• METRO



► Jennifer Aniston



► Angelina Jolie

Angie's kids know they're adopted

With three of her six children having been adopted, it's no surprise that Angelina Jolie is extremely open about the topic at home. "The words adoption, birth mothers [and] orphanages are happy words in our household, and we talk about those subjects all the time," she says, according to People magazine. "Life is very much about family and the family you choose. You can define your own destiny despite what happened to you in the past." • METRO

Talking points

Lindsay says she's sober for good

PEOPLE. Lindsay Lohan is reportedly serious about turning her life around and has told friends she's through with drugs, alcohol and breaking the law for good, according to TMZ.

The troubled starlet reportedly had an epiphany after her most recent sentencing for violating her probation and allegedly stealing a necklace from a jewelry store.

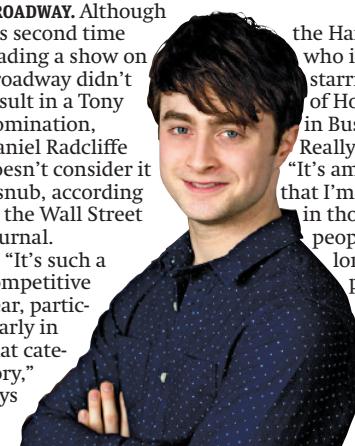
Lohan is currently serving out her community service sentence by working at a women's shelter in Los Angeles.

• METRO

No Tony, no problem

BROADWAY. Although his second time leading a show on Broadway didn't result in a Tony nomination, Daniel Radcliffe doesn't consider it a snub, according to the Wall Street Journal.

"It's such a competitive year, particularly in that category," says



the Harry Potter star, who is currently starring in a revival of How to Succeed in Business Without Really Trying. "It's amazing to me that I'm talked about in those circles, that people think I belong in that company." • METRO

Scottie's spot
For all your smoking needs!

www.scottiesspot.ca

256 Bank St. 2nd Floor (613) 231-3111
Pipes, Scales, Bongs, Rolling Papers, Grinders,
Books, Magazines, Incense, Seeds & more... SCAN ME

iolite
The Next Generation in Vaporisers
\$189.99 PLUS HST





Moonlight Event Rentals

Organizing a special event can be stressful. We are here to help make it a memorable one. Our quality products and exceptional service will make planning your event a breeze.

Whether a wedding, corporate function or even a small family gathering we can help you make your event exceptional.

Check our website [NOW](#) to view our product gallery and learn about our superior service.



MOONLIGHTEVENTRENTALS.COM

Celebrity tweets



"I think I just tushie-tweeted by mistake! :) sorry!"



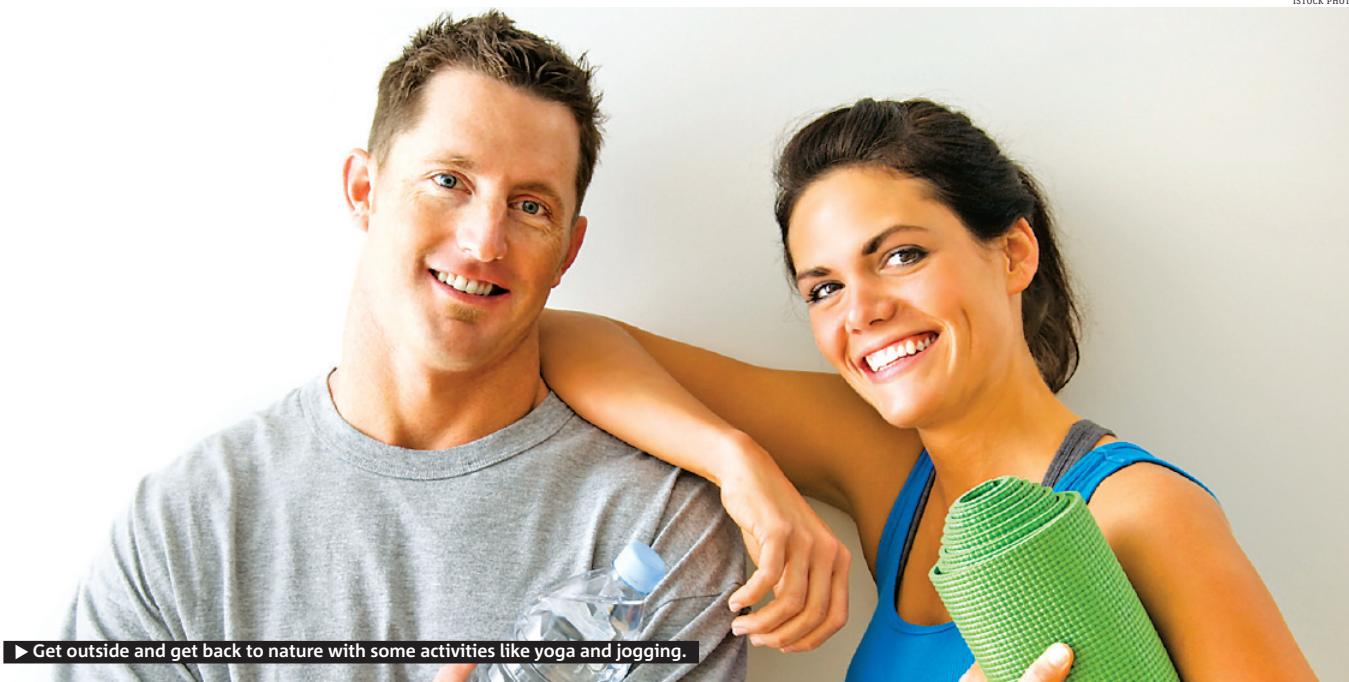
"Listen to Prince - Dirty Mind"



"in a thousand years archeologists will dig up tanning beds and think we fried people as punishment."



"My date showed up in high heels and a spray tan. When I stood next to her, I looked like a small pale ghost boy."



ISTOCK PHOTO

Spring clean the body

► As Canadians prepare to clear out the garage, they should consider doing a detox of their bodies, too ► Everything from soups to herbal teas can help rid the body of the winter waste

 CELIA
MILNE
LIFE@METRONEWS.CA

Spring. The trees and flowers are swelling with new growth and blossoms. It's time for rebirth. What about your body?

If you're looking for a spring cleanse, take the advice of Ann Lawrence, a doctor of naturopathy at Dragonfly Family Health Centre in Ottawa.

"Drink lots of water and

stay away from smoking, alcohol, coffee, dairy, chocolate and sugar as these aggravate the health of nearly everyone," she says.

Eat a lighter diet concentrating on soup broths, brown rice and loads of vegetables, especially leafy greens and sprouts as they help the liver to cleanse. Probiotics help with intestinal health.

Lawrence makes a detox tea consisting of dandelion

"Get outside and be in touch with nature. There is healing power in being among trees."

ANN LAWRENCE

root, burdock root, milk thistle seed and stinging nettle. You can find a similar blend at many of the tea shops that are springing up. Flavour your

cleansing tea with ginger, lemon, peppermint or cinnamon.

Cleaning up your act doesn't just mean eating better. It also involves sleeping better and getting active. Lawrence suggests getting to bed by 10 p.m. if possible, as the hours of sleep before midnight are very important for the body's renewal.

Exercise regularly – daily, if possible.

"Get outside and be in

touch with nature. There is healing power in being among trees. We all need that connection to the earth and nature to rejuvenate us," says Lawrence.

As part of spring cleansing, hang out and enjoy time with friends and laugh. Learn relaxation techniques such as yoga.

"Simplify your life by deciding what is a priority. Find endeavours that support you rather than draining you," she suggests.

3 life

HAART



A low supply of some cancer drugs is a concern for hospital pharmacies, the Canadian Pharmacists Association says. Hospital pharmacies are keeping a careful eye on certain cancer drugs that are in short supply, hoping to ensure that Canadians don't face delays.

THE CANADIAN PRESS



Treating HIV patients earlier lowers chances of spreading the virus, which is a key to prevention



Nordic baths
Live DJ
Lounge music
\$5 Martinis
Terrace
Relaxed atmosphere

*** Reservation not required.
*** Alcohol prohibited on the site

May 19th, June 30th
July 21st & August 18th

From 6pm

\$45 + TX per person

 lenordik
NATURE SPA

Open 7 days
from 9am to 10pm

16, chemin Nordik
Old Chelsea, QC

lenordik.com
819 827-1111 / 1 866 575-3700

Perasmile
Dental Hygiene & Teeth Whitening
300 Slater St, Suite 107
1 (613) 695-9551
www.permasmile.ca

FREE
ORAL-B ELECTRIC TOOTHBRUSH

Schedule your 1st appointment with us and receive a free electric Oral-B Toothbrush.

Teeth Whitening
Up to 50% off
Starting at \$65.00

Scan Me!

CEMI
personalmobilityinc.

Call Toll Free: 1 877 407 4111

A free test ride and home evaluation with a mobility consultant is fast easy + fun with no obligation to purchase.
WWW.CEMPERSONALMOBILITY.NET

Having difficulty getting around?

Rent to own your scooter for as low as **\$2.89 per day**

Looking inside the bipolar mind

► We're beginning to understand more the dangerous ups and downs of bipolar disorder since Charlie Sheen started rambling and Catherine Zeta-Jones checked into rehab ► Often dismissed, it's at times a lethal illness



**ROMINA
MCGUINNESS**
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

You know the term. It's made the news (especially after some celebrities went public) and friends may even claim to have it. But what is bipolar disorder exactly, and how is it different from general mood swings?

"Bipolar disorder is an accentuation of mood states beyond what we normally experience," explains Dr. John Sharp, a psychiatrist and neuropsychiatrist based in Boston and Los Angeles. "This isn't a day-to-day state, but a week-to-week, month-to-month situation that can suddenly spin out of control."

Yet bipolar disorder remains a big question mark for researchers who have so far failed to fully understand the illness. It's generally hereditary and runs in the family — meaning genetics, not upbringing (don't go blaming your parents quiet yet), are thought to be behind the condition caused by a problem with the section of the brain



► Kurt Cobain, Catherine Zeta-Jones and Charlie Sheen reportedly suffer (or suffered) bipolar disorder.

that runs our moods. Stress, physical illness and sleep deprivation are the most common triggers.

"What happens to someone suffering from bipolar disorder will depend on which way the mood has swung. Everything is inten-

sified from the highs to the lows," says Sharp.

For example, mania begins where exuberance leaves off and in extreme cases can be a psychiatric emergency. One's mood is exceptionally high, causing happiness and eupho-

ria, amplifying creativity, energy and self-esteem. Speech is rapid and the flight of ideas endless. This early phase is intoxicating and addictive as the person thrives. But control over their behaviour is soon lost.



The Original Hot Yoga

71 Bank Street, 3rd floor

613-233-9642

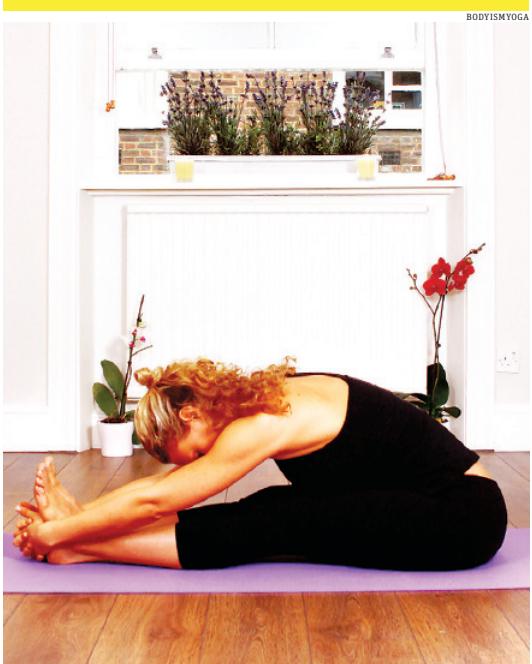
www.bikramottawa.com

FEEL GREAT! LOSE WEIGHT! LOOK AMAZING!



**LADY
GAGA
LOVES
BIKRAM
YOGA!**

According to reports, Lady Gaga attends Bikram Yoga classes during her pre-show downtime on her world tour.

Yoga pose. Seated Forward Bend**Up and down****Eat this for a hot body**

Red chili pepper curbs appetite. Capsaicin, the compound responsible for giving red peppers their hotness, could also be responsible for giving you yours. A team of researchers from Indiana found that the capsaicin could help to curb hunger pangs and raise energy levels. As your body temperature increases, more calories will be burnt naturally. The intense sensory experience of the heat is also thought to maximize the digestive process and increase metabolism.

**What you do**

1 Sit on the floor with your buttocks supported on a folded blanket and your legs straight in front of you. Press actively through your heels.

2 Draw the inner groins deep into the pelvis. Inhale, and keeping the front torso long, lean forward from the hip joints, not the waist. Lengthen the tailbone away from the back of your pelvis. Take the sides of the feet with your hands, thumbs on the soles, elbows fully extended (elbows are straight, not bent).

3 When you are ready to go further, don't force-

fully pull yourself into the forward bend. Lengthen the front torso into the pose, keeping your head raised.

4 With each inhalation, lift and lengthen the front torso slightly; with each exhalation release a little more fully into the bend. The torso oscillates and lengthens almost imperceptibly with the breath.

5 Stay in the pose anywhere from one to three minutes. To come up, lift the torso away from the thighs. Inhale and lift the torso up by pulling the tailbone down and into the pelvis.

STEPHANIE KNUTSSON,
BODYISM YOGA

INSTRUCTOR

Smelly food

Ghrelin, the hormone that promotes hunger and fat storage in our bodies, has been found to enhance our smell receptors, boosting the detection of calories through smell and linking this to the body's natural regulation of metabolism and body weight. Scientists from the University of Cincinnati explained how, since sniffing is the first stage in the smell process, it increases odor discrimination.

**Do you experience excessive blinking?
Do you have difficulty opening your eyes?
Are your eyes sensitive to light?
Do you have dry eyes?**



BENIGN ESSENTIAL BLEPHAROSPASM
CANADIAN RESEARCH FOUNDATION INC.
EDUCATION. SUPPORT. RESEARCH.
1-866-890-2473

Benign Essential Blepharospasm (BEB) is a disease that causes the eyelids to spasm and close uncontrollably. More than 5,000 Canadians suffer from this debilitating eye disease — yet very few people know about it.

**Benign Essential Blepharospasm Week
May 15 - 21, 2011**

If you experience any of these conditions please contact us at 1-866-890-2473 for more information about Benign Essential Blepharospasm. Visit our website at www.blepharospasm.ca

Are you a parent with Depression?

Both you and your child can benefit when you seek help



We are seeking participants to enroll in a treatment study that aims to speed remission of depression and gathers information about the health of you and your children

- Men and Women 18 years or older with depression
- Study medication and assessments provided
- All research has been approved by the Research Ethics Board
- Subjects may be eligible for compensation for time and travel
- All queries are strictly confidential



For more information contact Wendy Fusee:

(613) 722-6521 ext. 7828

Wendy.Fusee@rohcg.on.ca



YOUR VISION IS OUR NO.1 PRIORITY!

Dr. Maimouna Koala,
Dr. Joseph Mittelman
Optometrists

680 Montreal Rd.
(at Aviation Parkway)
613.745.7844

- **COMPLETE PROFESSIONAL EYE EXAMINATIONS**
- **CHILDREN AND ADULTS**
- **CONTACT LENSES; ASSESSMENT AND FITTINGS**

WALK-IN APPOINTMENTS AVAILABLE

BILINGUAL SERVICES

www.ottawaeyeclinic.ca



FREE PARKING

YOUR DENTAL HEALTH

OPEN
EVENINGS &
SATURDAYS



NEW
PATIENTS
WELCOME

Located in the Rideau Shopping Centre • 613-230-7475
SMILE RIDEAU STYLE

WHEN IT COMES TO YOUR BITE, IT IS BEST TO GET IT STRAIGHT!

Nobody likes having an **overbite** or a **crossbite**. It can mean having to get braces to correct the situation. And braces are never fun, particularly for a self-conscious teenager who is already concerned about his/her appearance.

But if a crossbite or overbite develops, it really is in their best interest to **have the issue addressed**. And the earlier it is looked after the better. That means if you see the signs of developing bite problems in your child, the sooner you have them looked after, the quicker they can be corrected.

There is no one single cause for a child to develop problems with his/her bite. It may be a **hereditary** issue. Sometimes, adult permanent teeth erupt before the baby teeth have fallen out. The jaw may respond by slipping in a different direction to accommodate the extra row of teeth. The longer this situation is allowed to persist, the greater the likelihood of your child developing a crossbite or overbite.

Children who **are mouth breathers** are more likely to develop problems with their bite. Normal breathing through the nose allows the tongue to rest in its normal position along the roof of the mouth. When mouth breathing occurs, the tongue falls away from this position and the lateral development



Dr. Bao Nguyen
Dental Surgeon

of the jaw is adversely affected.

Often, **enlarged tonsils** can be the cause of mouth breathing. If that is a problem for your child, you may need to have it addressed before treating the bite. In fact, you may have to consider removing the tonsils before treating the bite.

A similar problem occurs in children who **suck their thumbs**. Thumbsucking also affects the lateral development of the jaw and can result in problems with a child's bite. Many children find thumb sucking to be comforting and a difficult habit to break. But if you can find a way to break your child's habit, they will

thank you down the road!

Bite problems usually do require **orthodontic treatment**. The severity of the problem will determine the nature of the treatment. Minor problems may be dealt with far more easily than you might expect!

Regardless, we strongly recommend that you obtain whatever treatment you require. Not only are there the obvious **cosmetic concerns** about crossbites and overbites. There are **very real health issues as well**.

People with a poor bite may find it **difficult to chew some of the more nutritious, whole foods, such as fruits and vegetables**. As a result, they may elect not to eat these foods, thereby denying themselves of the health benefits they provide. Bite problems can also lead to serious **TMJ problems**, with persistent headaches.

So if you notice you're your child's teeth are not coming together the way you think they should, mention it to your dentist. The sooner you address bite problems, the easier they are to correct. And maintaining a proper bite is a healthy habit...and healthier habits lead to healthier lives.

Dr. Bao Nguyen
- Dental Surgeon

Allergy sufferers take another hit

► Allergy season is lasting a whole lot longer as the latest heavy rainfall is boosting pollen and mould

There may be a whiff of truth to claims by allergy sufferers who sniffle that this season is, well, a bigger headache than years past.

And now, more bad news: It's also lasting longer, prolonging the misery of the millions of people for whom spring is a punishment, not a pleasure.

Heavy snow and rain in some parts have nourished a profusion of tree pollen, while a sudden shift to warm, sunny weather has made its release more robust. The deluges and, in some places, flooding, have pumped up the volume on mould. Add in the wind, and the suffering



DAVID DUPREY/THE ASSOCIATED PRESS

skyrockets. Warnings about the difficult season have come from allergy specialists from across North America. Dr. Stanley Schwartz hears horror stories from patients all the time — every year, in fact, he noted with a wry smile.

"Literally, every year is the worst year," said Schwartz, chief of allergy and rheumatology for Kaleida Health and the University at Buffalo. "Now it may actually be, but when it's there and you're feeling it, you don't remember what last year was like."

What is certain is that allergy seasons in general have been getting longer and more challenging, said Angel Waldron, spokeswoman for the Asthma and Allergy Foundation.

"We do know that climate change and warmer temperatures are allowing trees to pollinate longer than usual," she said.

THE ASSOCIATED PRESS

WANTED UNWANTED MOUSTACHES



FREE

CONSULTATION AND SAMPLE TREATMENT

- Permanent Hair Removal
- Over 20 Years Experience
- Certified Electrologists
- Private Relaxing Atmosphere
- Microscope for Precision
- Conscientious Service

CARESS
ELECTROLYSIS

35 Larkin at Greenbank 613.825.2299
www.caresselectrolysis.com

daily disposable contact lenses

\$8.99

for 32 lenses
delivered direct
to your door



- Save up to \$518 per year*
*ref: 1-day Acuvue from Clearly Contacts
- Safer, healthier and more convenient
- Money back satisfaction guarantee
- Over 325 million lenses sold worldwide
- Health Canada Licence 61427

order
online

search 'daysoft'
or visit daysoft.ca

daysoft and silk are registered trademarks of Daysoft Limited

The makings of a perfect sandwich gone wrong

► Pesto's is an Italian deli that would benefit from a better sandwich artist

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

 In every neighbourhood there is an Italian market, and in Kanata you can find one at Pesto's.

Though many delis offer an array of Italian groceries, this one focuses on

► **Pesto's**
471 Hazeldean Rd.
613-836-5432
Reservations: No
Social lunch: Yes
Price range: \$
Rating: 2.5 out of 5

the restaurant angle. And if you get there before the lunch crowd, you might be lucky enough to get a table or a seat along the window.

Crusty, chewy rolls, a range of deli meat and a selection of cheese mean you have the fixings for a perfect sandwich.

Though simple, if the roll is too soft, the meat portion is small or the cheese is not thick enough, this delicate balance of flavours is ruined.

I ordered a ham and provolone sandwich. And though the ham was flavourful, it was overwhelmed by the thick, dense roll. Each part was good on its own, but together the combination



► Ham and provolone sandwich from Pesto's.

proved disappointing.

Pesto's is an average Italian deli that would benefit from a better sandwich artist behind the counter.



Avocado Lemon Wrap

THE CANADIAN PRESS/HO

2 Top with lettuce, then tuna. Roll up, then slice to make 3 pinwheels per wrap.

THE CANADIAN PRESS/
CLOVER LEAF

Ingredients:

- 1/2 Granny Smith apple
- 1/2 avocado
- 2 20-cm (8-inch) whole-wheat tortillas
- 375 ml (1 1/2 cups) shredded iceberg lettuce
- 2 cans flaked light tuna with lemon pepper

Preparation:

- 1 Core and julienne apple. Pit avocado and slice lengthwise. Divide evenly, spread apple and avocado on each wrap.

LADY Seek out support

Metro: What advice would you give to a young lesbian, gay or transgendered Canadian struggling at home or at school to discover him or herself — and his or her place in the world.

Const. Lynn MacDonald: The advice I would give to youth is to seek out support as soon as possible. They are not alone and there are some really great resources out there. Call the Kids Help Phone if they need someone to talk with. Check out the local LGBTQ resource centres in their area and look for youth support groups, counselling, etc. For kids that are struggling with their sexuality and faith, check online for organizations in their area that celebrate faith in an inviting and welcoming environment for LGBTQ people. I know



that we tell our kids to hang on that it will get better but the reality is they shouldn't have to wait for it to get better. They don't deserve to be abused and we need to make the harassment and assaults stop. We need to hold the people who are doing it accountable. This can be tough for kids that aren't out so it is important for us as adults to step up and hold people accountable. We need to be the voice for our youth when they are not strong enough to stand up for themselves.

CONST. LYNN MACDONALD
CALGARY POLICE SERVICE
DIVERSITY RESOURCES UNIT

Looking out for youth

► Website's goal is to promote a Gay-Straight Alliance in schools

 ALEX DUFFY
EGALECANADA
LIFE@METRONEWS.CA

While LGBTQ youth face many of the same pressures and confusions that most adolescents face in coming to terms with their transitioning bodies and academic and social stresses, they often must do so while negotiating a mammoth part of their identity.

Many questions can arise, including, how can I deal with this, how can I help make it better and where do I even start?

A good starting point is MyGSA.ca, the national LGBTQ safer schools and inclusive education website. It is the first and only national resource dedicated to helping LGBTQ youth.

It was developed to help create safer and more inclusive schools through the elimination of homophobia, transphobia, and biphobia, and the integration of LGBTQ matters.

The "GSA" part of the



► MyGSA.ca can be a good source of information for LGBTQ youth.

web address stands for Gay-Straight Alliance and refers to a student-led group or club where LGBTQ youth, youth with LGBTQ family members, and their allies can meet to tackle tough issues like discrimination based on sexual orientation and gender identity.

MyGSA.ca is a virtual place for all Canadians to come together to share experiences, stories, struggles and triumphs. The site

is the hub of the Safe Schools Campaign by the LGBTQ human rights charity, the Egale Canada Human Rights Trust.

On the site, you'll find a variety of information and resources that you can use or pass along to the youth and educators in your life.

There are simple and informative postcards as well as comprehensive resource guides and step-by-step instructions to setting up a GSA at your local

school. You'll also find examples of the many schools in Canada where students and educators alike are hard at work to make it better for all of us.

Indeed, since its launch just one year ago, 150 GSAs from every province in the country have registered on the site, each one viewable on the online GSA directory.

Take a look and see if your local school has a GSA — if not, why not?

FEELING THE GAS SQUEEZE?

FUN AND FRUGAL

LESLY SCORGIE
MONEY@METRONEWS.CA



Gasoline prices are rising upwards as the price of oil remains

high and summer driving season demand increases.

If your budget is getting squeezed, get smart with your fuel consumption.

Ensure your vehicle is well maintained; regular oil changes and the right tire pressure.

Plan your travel in advance, avoid peak travel times to reduce idling and take the shortest route.

If you're travelling long distances, drive the speed limit and use cruise control.

When your speed is constant and within the limit, you'll use less fuel

and avoid expensive traffic tickets.

Reduce clutter or unnecessary weight in your car and consolidate your errands into one trip.

To find the most affordable fuel in your area, check out sites like gasbuddy.com or gasticker.com. You can also use smartphone apps that track local prices.

Consider alternative forms of transportation. This past weekend, rather than driving, I pulled out my bicycle, filled the tires with air and rode 35 minutes to meet friends for coffee.

I saved money on fuel and got my daily exercise.

Try walking, running, biking, blading, car pooling or public transit to get to your destination.

If you're in the market for a new vehicle, consider one that's fuel efficient or uses an alternative fuel like natural gas or a hybrid.

When you cut back on your fuel consumption you'll save money and reduce your emissions.

Most Canadians lack confidence and skills when it comes to math and money matters, according to a new survey released last week.

The online poll, conducted on behalf of ABC Life Literacy Canada, found 79 per cent of Canadians aren't fully confident in their ability to teach another person about money, saving and budgeting.

The Ipsos Reid survey found six in 10 Canadians say they can use help with their financial management skills, including 73 per cent of those aged 18 to 34.

The survey found 38 per cent aren't putting any money into long-term savings on a monthly basis, while 36 per cent are putting away \$200 or less a month.

Those with less education are much less likely to be comfortable that they have the skills needed to secure a financial future, said Sean Simpson, associate vice-president with Ipsos Reid. But even among Canadians with a university degree, there are many who still aren't confident that they have the skills needed, he added.

"Overall, what we're finding is there is in general a lack of understanding, of familiarity, among many Canadians when it comes to some key financial terms and when it comes down to it in their own beliefs and capabilities to plan for a secure future," he said.

The release of the findings coincided with the announced launch of Financial Literacy Week taking place from Oct. 30 to Nov. 5.

The initiative is a national awareness and engagement campaign aimed at increasing the financial literacy and math skills of Canadians.

It will include coast-to-coast community events and provide financial litera-

cy tools and resources, said Margaret Eaton, president of ABC Life Literacy Canada.

Eaton said adults are the first teachers for their children and it's crucial they're comfortable passing along their knowledge on money matters.

"It is really important that parents have these skills and it is a great way to begin with your children to start them off by having an allowance, start taking about budgeting, start talking about making charitable donations," she said.

"This is the time to start to pass on those skills, but we also want to make sure the adults have those skills." THE CANADIAN PRESS

Cash confusion

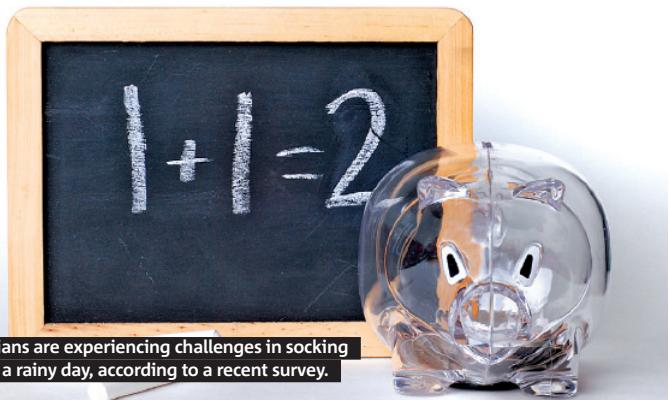
Simpson said there may be a number of factors as to why there appears to be a financial knowledge gap, notably among those under 35.

► It could simply be they don't have money, or are uncertain of how much or how to save, he said.

► It's also important to note young people today have to deal with much more complexity in their financial lives than previous generations, says Amy Hanen, senior manager of community relations with TD Bank Group.

Do you feel like a math dummy? You're not alone

ISTOCK



► Some Canadians are experiencing challenges in socking away funds for a rainy day, according to a recent survey.

STRESSED ABOUT DEBT?

More people talk to BDO for debt solutions than anyone else in Canada. And we've been doing it for over 50 years. It won't cost you anything to call. You'll feel a whole lot better when you do.



GoodThingAboutDebt.ca

BDO. THE ONLY GOOD THING ABOUT DEBT.
613-235-5225 / 1-800-754-1579

BDO

WANTED

Home-Stay Families



Interested in a culturally and socially rewarding opportunity?

We are looking for English-speaking families to welcome one or two French Canadian and/or international students aged 15-17 years this summer who will be coming to study English in Nepean. (Merivale/Hunt Club area)

July 3rd to August 6th, 2011

Must provide the following:

- A furnished bedroom
- 3 meals/day (bagged lunch)
- A warm and friendly environment

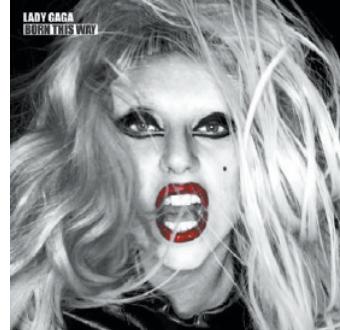
For more information contact Christine Hogan at 613-294-3995 or email pennysherwood@rogers.com

 *faire parler le monde gets the world talking*
Le Centre linguistique du Collège de Jonquière
\$ REMUNERATION PROVIDED \$

WIN

A COPY OF LADY GAGA'S LATEST CD "BORN THIS WAY"

FROM UNIVERSAL MUSIC



VISIT
club
metro
.com
TO ENTER

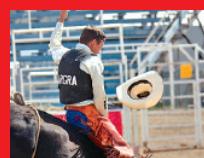
To register and for full contest details visit clubmetro.com

LADY RATA
‘What advice would you give your 15-year-old self, knowing now what you didn’t know then?’



I would tell myself that the attraction I was feeling for my girlfriends would in the long run be who I am. That my parents would love me unconditionally and that no one that I cared about would turn their back on me. I would tell myself that the future is full of great times and a life filled with love. I would tell myself to be more confident in who I was and that people would love me for who I am. I would tell myself how great my life was going to be, how times would change and the world becomes more accepting and open as each year passes. I would tell myself to love with all my heart and not hold back ... In the end, love is what makes our life worth living.

Lori Andrews, Canadian Rockies International Rodeo All Around Champion 2010



It is important to learn life lessons now and apply them to how you want to grow and develop. Absorb what you can from life and opportunities will come your way. Wait until you feel comfortable with yourself and have confidence in yourself before you come out. It is not wrong to mature and experience life knowing who and what you are and then come out when the time is right for you. Spend time building your confidence, educating yourself, your family and friends, and come out when it feels right for you

I am glad I followed the path I did and experienced all the things I did. I don't regret waiting to come out when I did because it was when I was supposed to. If I came out earlier, I might have lost life experiences that made me who I am today. Be confident about coming out and don't worry about coming out because it is never as bad as we anticipate. Those who love us will eventually come to terms with who we are and know that we are confident, loving and happy individuals.

Scott Woodruff, Canadian Rockies International Rodeo All Around Champion 2010



► Canucks players stretch during a practice yesterday.

HARRY HOW/GETTY IMAGES

Cool as ice

► Along with talent, Canucks have improved their composure for playoffs, learned not to panic

A team can sign talent and draft skill, but composure is something that must be learned.

The Vancouver Canucks made themselves better this year by improving their defence and adding depth on their third line. But patience and confidence are the biggest reasons Vancouver overcame a 2-1 deficit to defeat the San Jose Sharks 3-2 in the opening game of the Western Conference final.

In past years the Canucks might have pan-

icked. The team could have turned into a bunch of individuals trying to do too much.

Not this group.

“We don't really overreact or lose our composure at any point of the game,” forward Alex Burrows said after the Canucks practised at Rogers Arena yesterday.

“We just stick with it. I think we got better as the year went on, sticking with the process and sticking with the 60-minute plan. If it has to take 55 or

59 minutes to get it done, we are willing to wait instead of forcing things. It has to do with maturity and more experience.”

The Canucks will get a chance to extend their lead when Game 2 is played tomorrow (CBC, 9 p.m.). The best-of-seven series will return to San Jose for games Friday and Sunday afternoon.

The Canucks know the Sharks desperately want to avoid going down 2-0 in the series.

THE CANADIAN PRESS



Quoted



“Time is running short. It's time to get back to the table and get those issues resolved.”

NFL COMMISSIONER
ROGER GOODELL. THE NFL'S LOCKOUT STAYS, A FEDERAL APPEALS COURT RULED YESTERDAY. THAT MEANS THE LEAGUE LIKELY WON'T GET BACK TO BUSINESS UNTIL NEXT MONTH AND MAYBE MUCH LATER.

Winnipeg group reportedly in talks with Thrashers

Thrashers president Don Waddell said yesterday the team is exploring “all options” for new owners as there are reports that for the first time those options include a group interested in moving the team to Winnipeg.

Co-owner Bruce Levenson, NHL deputy commissioner Bill Daly and Waddell would not confirm a report by the Atlanta Journal-Constitution that Thrashers owners are

28th

The Thrashers' rank in terms of average attendance among the 30 NHL teams. The team's average attendance this past season was 13,469 per game.

in negotiations with True North Sports and Entertainment, which would relocate the team to

Winnipeg. The paper cited a person close to the process.

“We've never commented, and aren't going to start now, on who we're talking to or not talking to,” Levenson told The Associated Press. “Even if I wanted to, I can't, because whenever we engage in any kinds of serious discussions with anybody, we sign confidentiality agreements. We always honour those.” THE ASSOCIATED PRESS

chain reaction of pain from his left knee to left Achilles and tightening in his calf.

THE ASSOCIATED PRESS

Sports in brief

Woods expects to resume play next month

GOLF. Tiger Woods says he didn't do any more damage to his left leg at The Players Championship and expects to play the U.S. Open next month.

Woods made it only nine holes last week at The Players when he withdrew because of what he described as a

Stress fracture for Wright

BASEBALL. Mets third baseman David Wright has a stress fracture in his lower back that is expected to keep him out a couple weeks, though the team is awaiting a second opinion before deciding whether to put him on the disabled list.

THE ASSOCIATED PRESS



Scan code for more sports.

NATIONAL HOCKEY LEAGUE

PLAYOFFS

All times Eastern

CONFERENCE FINALS

(Best-of-7 series)

EASTERN CONFERENCE

BOSTON (3) vs. TAMPA BAY (5)

(Tampa Bay leads 1-0)

Tonight's game

Tampa Bay at Boston, 8 p.m.

Thursday's game

Boston at Tampa Bay, 8 p.m.

Saturday's game

Boston at Tampa Bay, 1:30 p.m.

Monday, May 23

x-Tampa Bay at Boston, 8 p.m.

Wednesday, May 25

x-Boston at Tampa Bay, 8 p.m.

Friday, May 27

x-Tampa Bay at Boston, 8 p.m.

WESTERN CONFERENCE

VANCOUVER (1) vs. SAN JOSE (2)

(Vancouver leads 1-0)

Sunday's result

Vancouver 3 San Jose 2

Wednesday's game

San Jose at Vancouver, 9 p.m.

Friday's game

Vancouver at San Jose, 9 p.m.

Sunday, May 22

Vancouver at San Jose, 3 p.m.

Tuesday, May 24

x-San Jose at Vancouver, 9 p.m.

Thursday, May 26

x-Vancouver at San Jose, 9 p.m.

Saturday, May 28

x-San Jose at Vancouver, 8 p.m.

x — if necessary.

SUNDAY

CANUCKS 3, SHARKS 2

First Period

1. San Jose, Thornton 3, 18:47

Penalties — Murray SJ (high-sticking) 9:09, Eager SJ (interference) 13:16.

Second Period

2. Vancouver, Lapierre 1 (Hansen, Torres) 1:49

3. San Jose, Marleau 4 (Boyle, Thornton) 8:44 (pp)

Penalties — Huskies SJ (hooking) 3:52, Raymon Vcr (holding) 7:44.

Third Period

4. Vancouver, Bieksa 2 (Burrows, H.Sedin) 7:02

5. Vancouver, H.Sedin 2 (Ehrhoff, Kesler) 8:21 (pp)

Penalties — Heatley SJ (elbowing) 7:34, Boyle SJ (holding), Lapierre Vcr (unsportsmanlike conduct-diving) 17:36.

Shots

San Jose 10 12 7 —29

Vancouver 11 14 13 —38

Goal — San Jose: Niemi (L-7-6); Vancouver: Luongo (W-9-5). Power plays (goals-chances)

— San Jose: 1-1; Vancouver: 1-4.

Referees — Stephen Walkom, Steve Kozari.

Linesmen — Jay Sharers, Greg Devorski.

Att. — 18,860 (18,810) at Vancouver.

SCORING LEADERS

G A PT

Kesler, Vcr 5 11 16

Datsyuk, Det 4 11 15

St. Louis, TB 6 8 14

Ward, Nash 7 6 13

Clowe, SJ 4 9 13

J.Thornton, SJ	3	10	13	Filppula, Det	2	6	8
Purcell, TB	2	11	13	Perry, Ana	2	6	8
Couture, SJ	6	6	12	van Riemsdyk, Pha	7	0	7
Leclair, TB	5	7	12	Selanne, Ana	6	1	7
P.Bergeron, Bos	2	10	12	Pavelski, SJ	5	2	7
Boyle, SJ	2	10	12	Kelly, Bos	4	3	7
Downie, TB	2	10	12	Marleau, SJ	4	3	7
Giroux, Pha	1	11	12	Fisher, Nash	3	4	7
Marchand, Bos	5	6	11	Holmstrom, Det	3	4	7
H.Sedin, Vcr	2	9	11	Recchi, Bos	2	5	7
D.Sedin, Vcr	6	4	10	Gagnon, Buf	1	6	7
Horton, Bos	5	5	10	S.Koivu, Ana	1	6	7
Krejci, Bos	5	5	10	Laich, Wash	1	6	7
Ovechkin, Wash	5	5	10	Peverley, Bos	1	6	7
Cannamori, Mtl	3	7	10	M.Richards, Pha	1	6	7
Ehrhoff, Vcr	2	8	10	Wellwood, SJ	1	6	7

MLB

BLUE JAYS 4, TIGERS 2

Toronto	ab	r	h	bi	Detroit	ab	r	h	bi
YEScor ss	3	0	2	1	AJcksn cf	3	1	1	0
CPtrsn lf	5	0	1	0	Dirks lf	2	0	1	0
Bautist rf	5	1	2	0	Raburn ph-bf	1	0	0	0
E.Hill 2b	5	1	2	0	Boesch rf	3	0	0	0
JRiver dh	3	0	0	1	McGrr 1b	1	0	0	1
Arencl c	3	1	1	1	JhPerlt ss	4	1	1	1
Rdavis cf	4	0	2	0	Avila c	2	0	0	0
JMcDnl 3b	3	0	0	0	Inge 3b	3	0	1	0
Santag 2b	3	0	0	0	Kelly ph	1	0	0	0
Totals	35	4	12	4	Totals	27	2	4	2
Toronto	000	000	130	4	Toronto	000	000	130	4
Detroit	100	000	001	2	Detroit	100	000	001	2

E—Mi.Cabrer 2 (3), DP—Toronto 1. LOB—

Toronto 9, Detroit 7. 2B—A.Hill (6). HR—

Jh.Perlt (6). SB—A.Jackson (6). CS—

Y.Escobar (1). S—Jo.McDonald, Inge, SF—

Y.Escobar, J.Rivera, Arenclib, Mi.Cabrer.

IP H R ER BB SO

Drabek W,3-2 7 3 1 1 6 2

Rzepczynski H,5 1 0 0 0 0 0

F.Franco S,4-5 1 1 1 1 1 0

Detroit

Scherzer 7 8 1 0 1 2

Benoit L,1-3 1 4 3 3 0 0 0

Perry 1 0 0 0 0 0 0

Umpires—Home, Jim Reynolds; First, Mike Esatabrook; Second, Mike DiMuro; Third, Tim Welke.

I—2:53. A—20,444 (41,255).

BRUSSELS OPEN

At Brussels, Belgium

Singles — First Round

Nadia Petrova (4), Russia, def. Rebecca Marin, Vancouver, 7-6 (4), 6-3.

Maria Kirilenko (5), Russia, def. Kristina Barrois, Germany, 6-2, 6-3.

Daniela Hantuchova (6), Slovakia, def. Johanna Larsson, Sweden, 6-3, 6-4.

Anabel Medina Garrigues (7), Spain, def.

Melanie Oudin, U.S., 6-3, 6-1.

Laura Pous-Tio, Spain, def. Angelique Kerber, Germany, 6-4, 6-2.

Mathilde Johansson, France, def. Akgul Amanmuradova, Uzbekistan, 6-1, 6-1.

Bojana Jovanovska, Serbia, def. Alla Kudravtseva, Russia, 7-6 (3), 6-3.

Jelena Dokic, Australia, def. Simona Halep, Romania, 6-2, 6-1.

Last night's game not included

OPEN DE NICE COTE D'AZUR

At Nice, France

Singles — First Round

Pere Riba, Spain, def. Guillaume Rufin, France, 6-0, 6-1.

Victor Hanescu, Romania, def. Benoit Paire, France, 6-0, 6-1.

Denis Istomin, Uzbekistan, def. Olivier Rochus, Belgium, 6-2, 7-6 (5).

Pablo Andujar, Spain, def. Grigor Dimitrov, Bulgaria, 5-0 (retired).

Andrea Seppi, Italy, def. Edouard Roger-Vasselin, France, 3-6, 6-3, 6-2.

Last night's game not included

ATP

OPEN DE NICE COTE D'AZUR

At Nice, France

Singles — First Round

Pere Riba, Spain, def. Guillaume Rufin, France, 6-0, 6-1.

Victor Hanescu, Romania, def. Benoit Paire, France, 6-0, 6-1.

Denis Istomin, Uzbekistan, def. Olivier Rochus, Belgium, 6-2, 7-6 (5).

Pablo Andujar, Spain, def. Grigor Dimitrov, Bulgaria, 5-0 (retired).

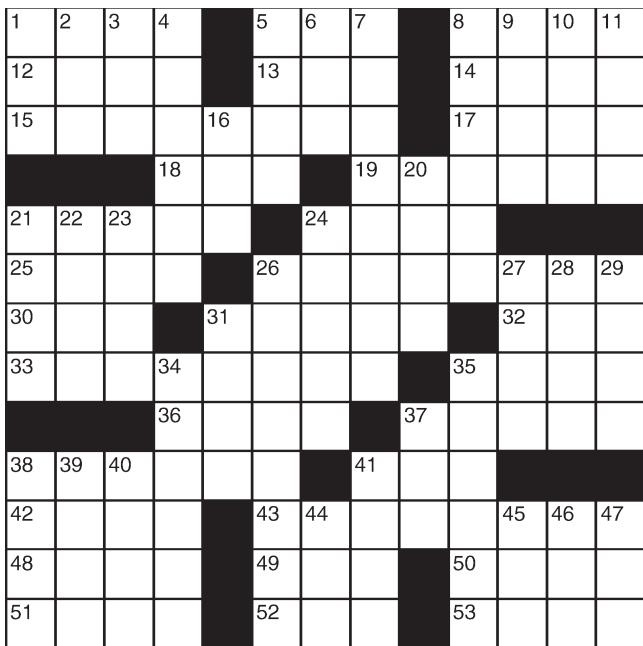
Andrea Seppi, Italy, def. Edouard Roger-Vasselin, France, 3-6, 6-3, 6-2.

Last night's game not included

Crossword

Across

1 Harmonization, for short
5 Floral neckwear
8 Burden
12 Twosome
13 Charged bit
14 Competent
15 Obvious
17 React to yeast
18 Second person
19 Tabloid worker
21 Necktie alternative
24 Vicinity
25 Bank transaction
26 Hunger
30 Emeril's shout
31 Figure of speech
32 Extinct bird
33 OK
35 Weaponry
36 British school
37 Beginning
38 Crazy one
41 Have bills
42 Once more, colloquially
43 Sweater decoration
48 Star Wars hero
49 Miler Sebastian
50 Pout
51 Lecherous look



8 Lasso 34 A Few Good Men

9 Final notice

10 As well

35 Layered rock

37 Hooter

38 Shoppers' mecca

39 Chills and fever

40 "Swoosh" company

41 Tournament format

42 Deteriorate

43 Laundry need

44 "The Raven" writer

20 Consider

21 Actress Jessica

22 Laundry need

23 Bivouac

24 Pertaining to bees

26 Support of a cause

27 Don of radio

28 Color quality

29 Right on the map?

31 Title

► Yesterday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca



Today's horoscope

♈ Aries March 21-April 20

Financial security and emotional security are not the same thing.

♉ Taurus April 21-May 21 Don't be obsessive about events that are over and done with.

♊ Gemini May 22-June 21

Live each new day as it comes. Never look back.

♋ Cancer June 22-July 22 You

will find yourself caught between rival viewpoints today

♌ Leo July 23-Aug. 23 Call it as you see it today, because if you

say things merely to impress others in authority your efforts could come unstuck.

♊ Virgo Aug. 24-Sept. 22 Once you understand the bigger meaning the little things will fall into place.

♎ Libra Sept. 23-Oct. 23 Make sure you know exactly what you are going to say before you open your mouth.

♏ Scorpio Oct. 24-Nov. 22 You don't take kindly to those who disagree with you.

♐ Sagittarius Nov. 23-Dec. 21

Smile, don't frown – it suits you so much better.

♑ Capricorn Dec. 22-Jan. 20. Avoid friends though if they get emotional.

♒ Aquarius Jan. 21-Feb. 18

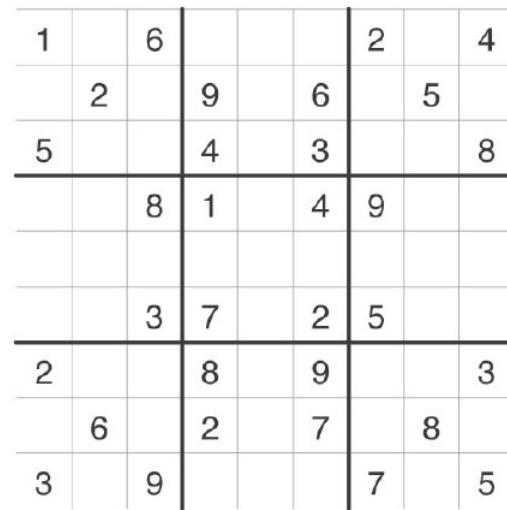
There may be a conflict between your home life and your work commitments.

♓ Pisces Feb. 19-March 20.

The more people tell you that you are neglecting your duties the more you can be certain that it is right to neglect them

● SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

justice, boo boos i love you soooo much you are my everything i never want you to leave
From LAURA

Ho, You are amazing in every way sweet, your eyes, your lips you are perfect and beautiful muahhhh-hhhh
From DOUBLE

Marcus, have a great 33rd birthday today. I can't wait to celebrate it on the long weekend.
From ROMO

Natty-bear, Natalie, I love you more than you could possibly know, I just wish you knew how much I do. You are the sweetest most beautiful girl I have ever met in my short lifetime. I hope we get to spend a lifetime and half together.
With love
From JARE-BEAR



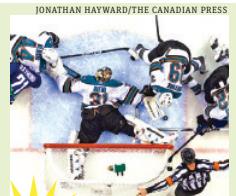
You have voted us #1 for best forecasts on TV. Thank you Canada!

©The Weather Network 2011

Caption contest



"Well at least I won't confuse the new \$5 coin with the Loonie or Toonie!"
BRIAN



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

FLIGHT CENTRE® Unbeatable

Mexican Riviera 7-Night Cruise

\$359

Carnival Splendor
CRUISE roundtrip Los Angeles and visit Puerto Vallarta, Cabo San Lucas & Mazatlan. Sails Dec 4/ccl.

1 866 720 4853 | flightcentre.ca

Conditions apply. Cruise pricing is based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include HST and are approximate and subject to change. ccl=carnival. Head office address: 1 Dundas St. W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #467384

KISS & TELL WITH METRO KISS

Tell your friends, family or that secret crush just how you feel with a Metro Kiss... then share it with the world through Facebook and Twitter.

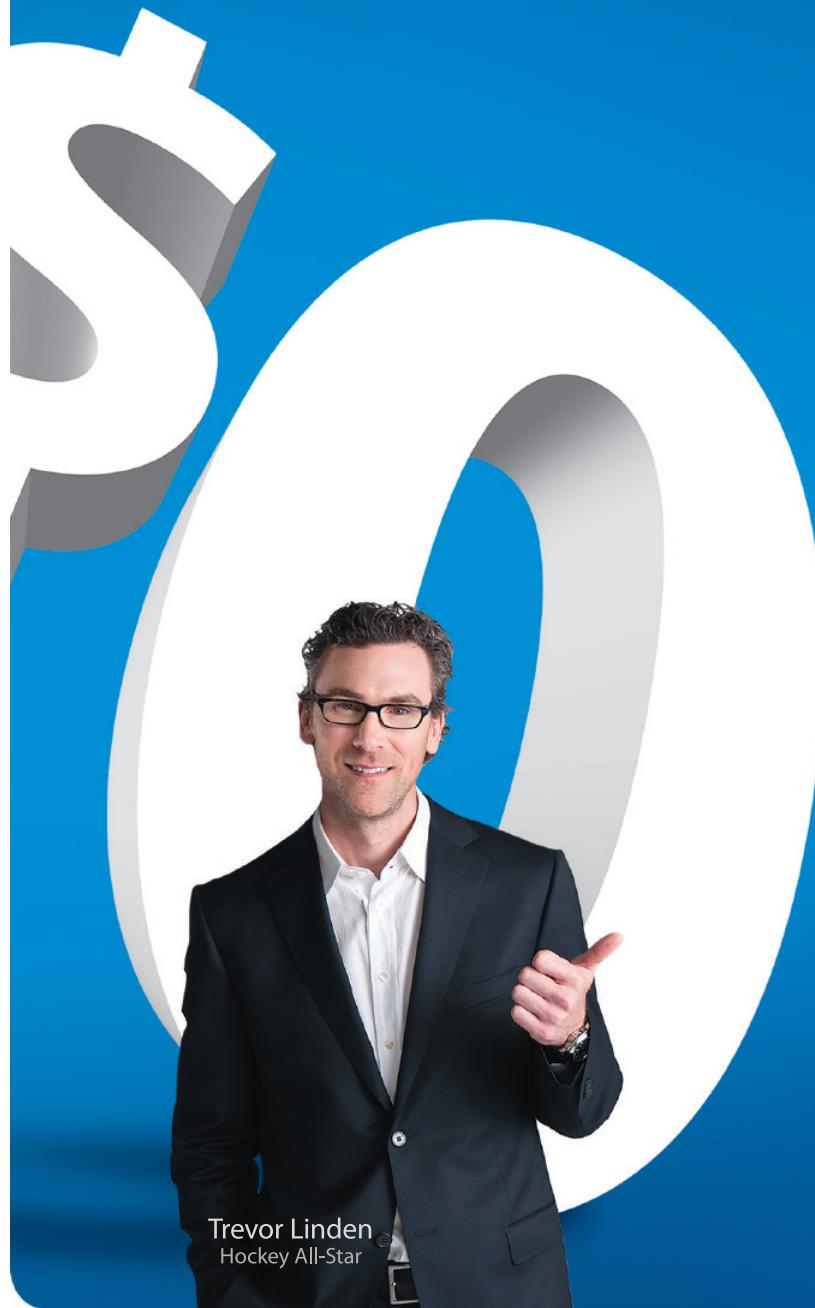
All kisses will appear online and a selection will appear in print too!

Visit metronews.ca daily to see who loves whom, or...who loves you!



metro

Hey Canada, we're giving away 10,000 pairs of eyeglasses!



**Starts today
at 12 p.m. (noon)**

**Ends tonight at midnight
(or while they last)**

Use this coupon code at checkout:

10KCA517
(New customers only)

**Go to ClearlyContacts.ca
to get your FREE pair now!**



ClearlyContacts.ca

Canada's Largest Optical Store

Trevor Linden
Hockey All-Star

*Valid until the first 10,000 coupons are redeemed or Tuesday May 17 at Midnight. Standard lenses and coatings included. Shipping and handling charges will apply. Lens upgrades, progressives, Transitions® and tints not included. Some frames may not be eligible. Previous free glasses recipients are excluded from this offer. Limit 1 per household. Web orders only.